

DOLPHIN LOG

Collection, Year 2020

**The Bulletin of the
Dolphin Swimming & Boating Club
San Francisco, Established 1877**



**Dolphin Swimming & Boating Club
502 Jefferson Street
San Francisco, CA 94109**

SPRING 2020

DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



Once 'Round the Cove

Dolphin Log

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Cover: Where have all the people gone? (photo: Robert Reed)

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Editorial Policy

Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.

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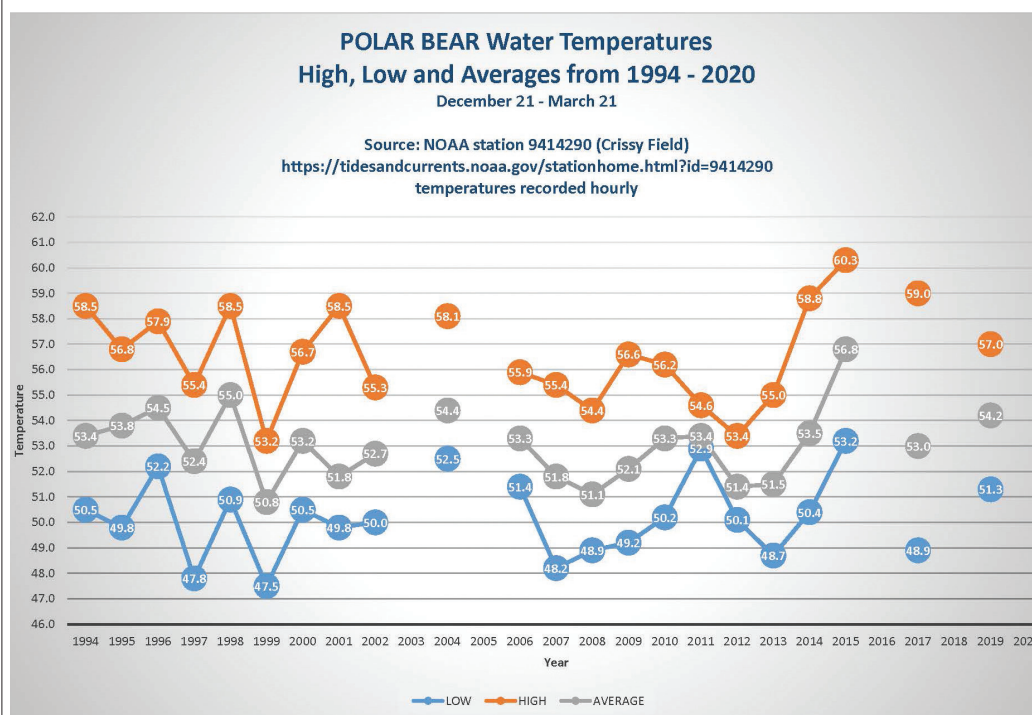
Save Aquatic Park Pier: Diane Walton

Swag: Andrea Morgan

Volunteer Coordinator: Natazha Bernie

Although Board minutes around the time of the Spanish flu pandemic of 1918 are missing, we can't be sure of its effects on the activities in Aquatic Cove, it appears that 2020 is the first year in the history of the Dolphin Club that its members were locked out. The axe came down on the ides of March. A month later, it has yet to be lifted and despite outward optimism, no realistic end is in sight. While largely stuck in our homes, suspended in space and, it seems, in time, the club's camaraderie has blossomed, and the desire, the need for full immersion—still undertaken by some—is as strong as ever. We will emerge from this ordeal more buoyant than before.

-The Editors



Polar Bear Stats

Low water 52.7°

High water 57.4°

Low air 44.4°

High air 62.6°

Coldest combined 97.1°

Highest combined 115.8°

7 days total where temps went below 100° combined

All readings are 6am from FTCP1 buoy



The Dolphin Swimming and Boating Foundation is the successor to the Dolphin Club Building Fund, which was created in 1998 to develop and maintain an additional source of capital for major building-related projects. The foundation also supports classes and education on swimming, rowing, and boat building provided to the public.

Thank you Donors for your generous contributions of \$100,000 in 2019

BLUE

Contributions up to \$500

Gregory Anderson · Joni Beemsterboer · Kate Bennett · Roy Bergmann
Maureen Conners · Duke Dahlin · Peggy Dodge · Anthony DuComb
Randy Edwards · Stuart Etzler · Erin Figel · Patrick Freiling · Jennee Gavette
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Contributions over \$5,000

Elliot Evers · Julie Haas · Augstin Huneeus · The John Nogue Family
Neal and Darragh Powers · Don Reid · Anonymous

Special thank you to Jim Frew, Susanne Frederick, Rich Cooper and Morgan Kulla for their volunteer support in creating the foundation brand, website and preserving the history of the club.

www.dolphinfoundationsf.org

How to contribute

Write a check to:

Dolphin Swimming & Boating
Foundation

Credit Card

Go on-line to donate with a credit or
debit card

www.dolphinfoundationsf.org

Company Matching Gift

Many companies offer match-giving
programs. Thank you Rich Cooper,
Dodi Marosi, and Ryan Utsumi for
their respective company matches

Giving Appreciated Stock

Receive charitable contribution
deduction equal to the stock's fair
market value, saving capital gain tax
on the stock appreciation.

Arnie Thompson was the first to
donate stock in 2019.

Tribute Gift

Honor someone special with a
TRIBUTE donation.

Thank you Emily Nogue for honoring
John Nogue, and Carrie & _____ Gann,
honoring their grandfather
James Keely

Plan Giving

Include the Foundation in your estate
plans through a bequest, life income
plan, or other type of planned gift.

Dolphin Swimming and Boating
Foundation is a registered 501(c)(3)
charitable organization.
EIN # 82-4883113

Questions, please contact:
treasurer@dolphinfoundationsf.org

“How it all began”

Bang up Jollifications and Borrowed Boats

By Sidney Hollister

Thanks to Walt Schneebeli for his remarkable archives and to Rich Cooper for his meticulous research

In San Francisco, on the eve of July 24, 1877, rioting against shipping line owners and the Chinese they were hiring at starvation wages came to a climax. After two days of mayhem by mostly out-of-work Irish immigrant dockworkers who had rampaged through Chinatown, destroying twenty Chinese-owned laundries and killing several people, the authorities had had enough. Local police, bolstered by the state militia and a hastily deputized “pick-ax brigade” of a thousand or more vigilantes, fought a pitched battle on Rincon Hill to stop the ethnic violence, routing the dock workers and their fellow laborers. One worker was killed, though who shot him was never determined. It was the third and last time such vigilantes were used in San Francisco. The rioting was predictable. By 1877, the recession that started after the Civil War had deepened into a depression that bludgeoned the East Coast for several years before reaching San Francisco and filling its streets with unemployed men.

In spite of this tumultuous social and economic atmosphere, on August 18th, John Wieland, an immigrant from Württemberg, with four sons, two in their late teens, and Valentine Kehrlein, Sr., an immigrant from Bavaria, also with four sons, founded the Dolphin Swimming and Boating Club. Anti-German feelings were strong in San Francisco at the time, sentiment tending to side with the French, whom the Germans defeated in the Franco-Prussian war of 1870. As a result, when Wieland and



Original 25 members of the Dolphin Club, plus the two founders and a few older supporters and honorary members

Kehrlein's sons broke into song at a party or ball, as Germans are wont to do, few friendly voices joined them. So the fathers of these young men, lovers of song and in the flush of youth, built them their own club where they could sing as often as they damn pleased. Of course the healthy young lads were also drawn to rowing and swimming, having watched races and regattas held by the more than a dozen rowing clubs around San Francisco Bay as well as up-river in Sacramento and Stockton. At the start, membership was limited to twenty-five young men, most of German-speaking ancestry. Two Wieland and three Kehrlein sons joined the other 20 charter members. Emil Kehrlein was elected as the Club's first president, with a term of six months.

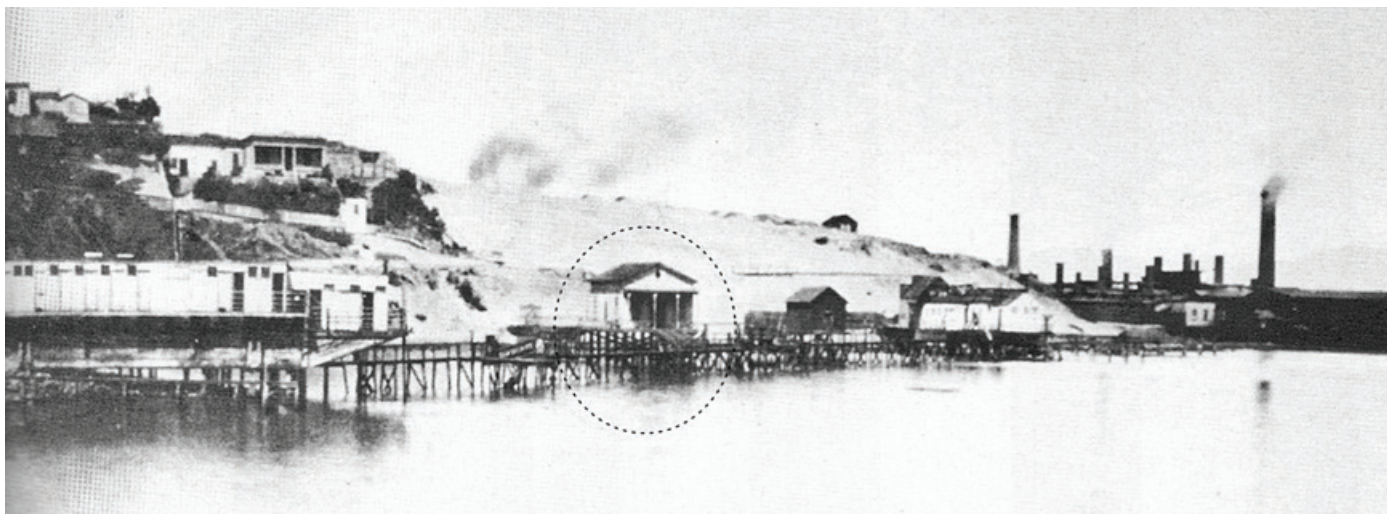
Perhaps because none of their fathers was a farmer or laborer, not one of the 25 worked with a pick and shovel or pushed wheelbarrows of baled goods around the docks, which may explain why the riots of the month before had little effect on the Club's founders or its original members, who were all in the crafts or trades. The economics of a person's position in society still kept those

who practiced a trade, for the most part, separate in their social and occupational lives from day laborers. Most people worked at least five and a half or six days a week, so those who worked with the sweat of their brows had little energy left for all-night bang-up jollifications.

The first Dolphin clubhouse was a surplus wooden structure obtained from the Union Iron Works that may have been sitting on shore for a short time until the pier

could be built at the foot of Leavenworth (which ended at North Point). The first Club members put it in place on the north slope of Russian Hill, at the time a large sand dune, at the end of Leavenworth Street overlooking Black Point Beach. To reach it, you had to wend your way over the shifting sand along a walkway of wooden planks, not an easy stroll for women in long skirts. From this simple structure, made suitable as a clubhouse by the charter members, a short ramp was built down to Black Point beach so club boats could be launched. The first Ladies Day was held by the Club that fall, along with a Rowing Regatta in Black Point Cove, renamed Aquatic Park Cove in 1939. The first annual club ball was held a year later in Platt's Hall at the northeast corner of Bush and Montgomery, where the Mills Building now stands. The program, which consisted of twenty-four dances, did not conclude until near dawn. It was the first of many club parties and dances, which earned it a reputation in the rowing community and the City for having the very best bang-up jollifications.

During the 1870s, San Francisco's population grew by 80,000 people to



The original boat house, circled, was built on a pier at what is now the corner of North Point and Leavenworth. To the right is the Selby Lead Smelting Company which was located just to the east of the club's current location.

more than 234,000, almost a fourth of California's entire population. Over a fifth were Chinese, and close to a fifth were Irish. Many from both groups came after May of 1869, when the golden spike was driven home at Promontory Point, Utah, ending their backbreaking work of laying rail to unite the country. Third in numbers were immigrants who, several decades earlier, had come from the many states that in 1870 were united as Germany. Another stream of job seekers came from the Central Valley where a four-year drought drove thousands of unemployed farm workers into San Francisco.

As you might expect, given where the founders were born, 16 of the original 25 members had fathers who were German born or who themselves were born in Germany. The original members were all young, ranging in age from 17 to 23. Adolph and Hermann Wieland worked in the family business, the Philadelphia Brewing Company. Four sons of Valentine Kehrlein, were also charter members. The youngest, Boniface "Barney", was an engraver, as was his brother Emil; Valentine, Jr., started his commercial career selling musical instruments and sheet music. Emil originally worked as a jeweler; Joseph was a wheelwright and eventually owned a stationary store. Adolph Lutgens was a draftsman, later an architect, his brother, Ernest, a jeweler. Albert Rothkopf and Louis Schroeder were

also jewelers, all of them, at one time or another, working for the same jeweler. William Eichel was a school custodian and a maestro of the zither, performing at many Club social gatherings. Herman Metzler and Edward Kalben were in the beer brewing and bottling business, like Club co-founder Wieland. Louis Matthias, Jr. was an electrotypist, later called a linotypist, a skilled craft when newspapers set print in hot type. August Shuppert was an upholsterer whose German-born father started the first brewery in California. Peter Orth, who was born in Germany, owned a shoe and boot store.

Three members were of French ancestry. Accountant George Baraty's parents were both French. The father of Henry Hartman was French, while his mother was German; James Luttringer, a maker of fine furniture, was born in France. Hartman was a boat builder, the only such craftsman among the original members. James Higgins, another jeweler, was born in England and Thomas Fraser, a druggist, had Scottish roots. Edward Borremans was an engraver whose parents came from Belgium. Gottfried "Fred" Deucher was born in Switzerland, and worked in the beer bottling business. Adolph Prinz, whose parents were Hungarian, was a purveyor of wines and liquors; his compatriot, Charles Wores, maintained a shop that sold hats.

San Francisco in the late 19th Century was a wide open city, vying

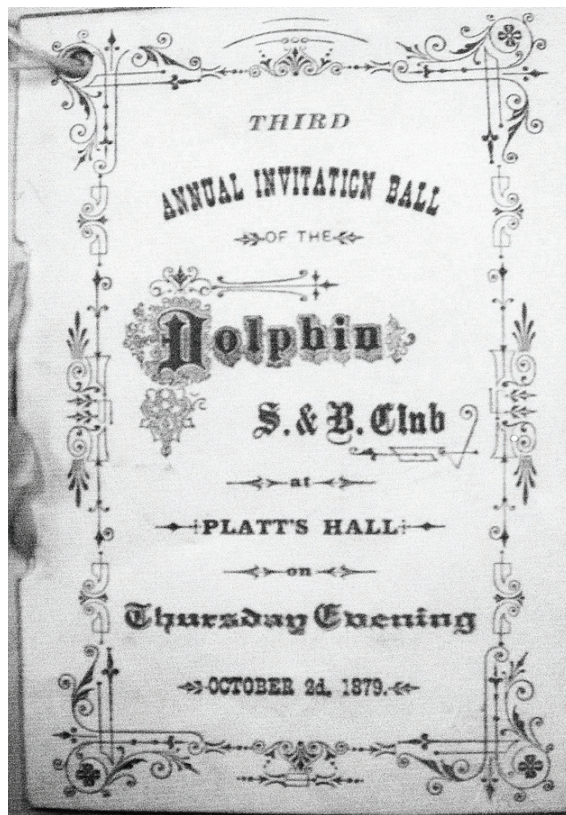
with other West Coast ports for all kinds of business from incoming ships. One way to get and keep some of that business was to look the other way at the salacious behavior of prostitutes and their madams.

*"...where the traveler finds a nocturnal animation that leaves him speechless is in Dupont Street (Grant Avenue) and its vicinity...With few exceptions it is composed of dwellings inhabited by sirens who devote their charms to luring the fragile...beauties in fancy dress crowd the doorways. Sultanas, priestesses, Grecian women, Amazons, Olympian goddesses call out in every language..."**

**More San Francisco Memoirs 1852-1899, the Ripening Years Compiled and introduced by Malcolm E. Barker, Londonborn Publications San Francisco 1996 p.253*

Saloons and dwellings with Olympian goddesses were, naturally, places that drew young men. Such lads had to be alert, for such dens were hangouts for scoundrels intent on shanghaiing the unwary to fill the crew needs of waiting ships. The seniors Wieland and Kehrlein hoped the Dolphin Club would keep their young men away from such places—most of the time. One reason, no doubt, why it took only a few months for the Club to stage its first Ladies Day.

The cove was a popular place to swim. In fact, it was the only city



There wasn't much room for parties in the original Club boathouse, so the regular balls were held in several spacious halls.

beach on the west side of the Bay where the water was not polluted—most of the time. Yet it, too, was hemmed in by industrial enterprises. Among its neighbors were the Pioneer Woolen Mills, which supplied the Union Army with blankets and uniforms during the Civil War. The smoke-belching Selby Smelting Works, located where Fisherman's Wharf now commercially thrives, was the largest processor of lead, gold and silver in the country. Several biscuit makers, canneries, and sugar mills were also in the mix. Like the rest of the waterfront, the area was open to industrial development until the 1890s, although as early as the 1870s the workshops and factories it spawned drew the ire of city residents.

Industry was slowly forced to the East Bay and to the southern part of the city, near Potrero Hill, where factories and workshops engulfed the rowing clubs located near Long Bridge. (Photo from library) The mile-long span was often the site of rowing competitions on Sunday afternoons when several thousand spectators would pack it end to end. A modern, much shorter, version of that bridge, which spanned now filled-in

Mission Bay, is the Third St. Bridge.

The notable windings of Dolphin Swimming and Boating Club, today the oldest club of its kind in continuous operation west of the Mississippi, were often held at people's homes or at halls that catered to such gatherings. There was always enough dancing to make your head spin and your feet tired. Clubs like the Malvasca Literary and Social Club, or the Arcadia Musical and Dramatic Club, or the Lyra Gesang Verein (singing club), with many Dolphins among its members, made musical performances and dramatic presentations the center of their gatherings, which, in the absence of live symphony orchestras and theatrical groups, drew the city's lovers of song and stage. The San Francisco Call reports, for example, that on March 3, 1879, a "pleasant entertainment and ball was given at the new

Turner Hall on Turk Street by the Dolphin Club." After a welcoming address by Club president, A. C. Lutgens, the entertainment began: Songs by Verdi, a recitation, a piano duet, another recitation, a piano solo, an aria, a display of gymnastic skills on the horizontal bar by three Club members, and finally a comic opera. Dancing until dawn to a full orchestra ended the festive evening. Wow!

At events of the Irish National League, the Danish Norden Society or the Scottish Caledonian Club, members gathered to celebrate their common heritage in traditional songs and dances. For the Dolphins, the most popular place for these "socials" was Saratoga Hall, which opened its doors at 818 Geary St. in January 1880. The Dolphins made the owner's son an honorary member.

Supper at these windings was served usually around midnight, after the performances and before the dancing. An opening course might tempt diners with a selection of strawberries, figs, grapes, apples, pears, peaches, and melons. A principal course would follow and

could include venison, pork, mutton, or beef, as well as salmon, perch, smelt, oysters, frogs, quail, and turkey, with sweet potatoes, large luscious tomatoes, and other vegetables as side dishes. Most of these delectable offerings came from the Bay itself or from the rural areas around it. California was a land of plenty: fish and shellfish abounded in the Bay waters, game was plentiful in the hills and woods to the north and east, and most of the fruit and vegetables were grown in the nearby commercial gardens. Even the ice cream that rounded off the supper came from one of the several dozen dairies that thrived in what is now Cow Hollow.

A House Warming

The new residence of Mr. and Mrs. A. Sbarboro, on the northwest corner of Sutter and Steiner Streets, was the scene of a brilliant gathering last Saturday evening... A company of some thirty-five friends was present, musicians discoursing lively operatic airs, and a table spread with the best of wines and viands. At 10:30 o'clock, the guests were seated at the table... and a large dish resembling a bird pie was placed at the head of the table before the hostess to serve. At the first incision the cover was removed and out flew a beautiful white pigeon, wearing around its neck a bunch of various-colored narrow ribbons, each bearing in gold letters an appropriate motto for the person for whom it was intended.

San Francisco Chronicle 3/21/1881

For the rowing clubs, the opening of the "season," was often marked by a party and intraclub regatta. Larger and more significant regattas open to all rowers were put on by one or several clubs and usually held on such holidays as the Fourth of July or Thanksgiving.

Swimming contests also enlivened the city's and the Club's aquatic life. According to the San Francisco Chronicle in October of 1878, there was a "...grand swimming and diving tournament at the Neptune and Mermaid Baths at North Beach... in the course of which amateurs will contest for the championship of the Pacific Coast and expert swimmers will give exhibitions of fancy swimming and diving." The Baths were created between floating piers that extended from the beach into the popular Black Point Cove between



Between Rincon and Potrero hills was Long Bridge, a wooden causeway popular with fishermen and the thousands of spectators who would gather to watch rowing races.

Hyde and Larkin Streets. Bathhouses lined the beach and rafts between the piers provided diving platforms. By 1880 the Dolphin Club was sponsoring this championship.

In the rowing world, the Dolphin Club competed in its first four-oared barge race in a borrowed boat in October 1879. Their competitors were the Pioneer Rowing Club of San Francisco, and Oakland's St. George Rowing Club. The Dolphins took the lead at the turn and bested the Pioneer boat by three lengths, both boats leaving the St. George boat far behind.

San Francisco was a young city in 1877 and not in robust economic health, but you could get a schooner of beer—a pint or more—for a quarter plus the equivalent of a seven-course meal to go with it.

"There are two classes of saloons where these midday repasts are furnished—'two bit' [25 cents] places and 'one bit' [15 cents] places. They consist, in the better class of establishments, of soup, boiled salmon, roast beef of the best quality, bread and butter, potatoes, tomatoes, crackers and cheese. Many of the places are fitted up in a style of

almost Oriental grandeur. A stranger entering one of them casually... would find immense mirrors reaching from floor to ceiling; carpets of the finest texture and the most exquisite patterns; luxurious lounges, sofas, and arm-chairs; massive tables covered with papers and periodicals; the walls embellished with expensive paintings..."

Gas lighting, which had come to San Francisco in the early 1850s, brightened the central urban area, though outlying areas remained uninvitingly dark and the gas company saved money on moonlit nights by not turning on the lamps until 1 a.m. That might explain why so many parties of San Francisco's rambunctious social life lasted all night. Going home by horse and buggy or on foot, especially in the cold rains of winter or the wind-driven fogs of summer, was an uninviting experience until the rising sun brought light to the shadowy streets and drove away would-be hoodlums.

In the late 1870s, the Pelton water wheel, developed for hydraulic mining in the Sierra, began to generate electricity for the city and

was successful enough that the Palace Hotel replaced its thousands of gas lamps with electric lighting in 1879. San Francisco, in that same year, became the first city in the nation with a central power station.

By 1880, the Dolphin Swimming and Rowing Club, according to the San Francisco Chronicle, "...was the most active and popular organization of its kind on the coast..." No small achievement for a group that had only existed for two years and whose first rowing victories were in borrowed four-oar barges. Of course, those bang-up jollifications certainly helped.

Author Sid Hollister would like to complete a history of the Dolphin Club beginning with the research on the Club's early years that he did with Walt Scheebelli. This would be a soft-cover publication of some 100 pages with many photos. There will be some costs to cover the writing (Sid), design, and printing, so some financial help would be welcome. Anyone interested should contact shollister@mindspring.com





LIFE MEMBERS 2020

Go Green—or Blue

By Robert Reed



Recycle Central, a 200,000-square-foot recycling plant operated by Recology on San Francisco's Pier 96. (Recology)

Before dawn on some cold winter mornings, you may see a young woman shining a flashlight where the night's tide deposits small debris. She searches the beach for plastic bottle tops, lids from disposable coffee cups, plastic straws, and other single-use plastics. One of the items she picks up most often – shiny Mylar packets that held chocolate squares given freely to visiting tourists.

Globally, we produce 3.5 million tons of trash per day. If we packed it all in garbage trucks and lined them up bumper to bumper, they would stretch from Miami, Florida to Seattle, Washington – a distance of 2,800 miles – every day. Most of America's trash gets buried in landfills, an estimated 2,000 of them nationwide. The largest landfills take in more than 5,000 tons a day.

In 1960 Americans produced 88 million tons of trash per year. Today, we produce three times as much, 268 million tons a year according to the EPA, that's 4.5 pounds of trash per person per day, which is more than people in any other country.

Around the world landfills are filling up, but many other developed countries choose to send their garbage to trash incinerators. Incinerators are expensive to operate and highly polluting, producing three types of ash: bottom ash trucked to landfills;

fly ash caught by large filters, and nano ash. All are toxic. Nano ash and dioxins that come from burning plastics pass through the incinerators' filters and pollute air, land, and water. Until recently, China was far and away the largest importer of bales of paper and plastics to be recycled. But countries sending recycled material to China were not doing a good job cleaning and sorting their recyclables so it began to limit its imports. In January 2018, China announced it would no longer accept shipments of foreign waste with more than one-half of one percent impurities. (*Do you clean your recycling that well?*) That policy effectively closed China's door. Its exit from the market has created a major challenge for recycling programs all around the world.

In the wake of China's action the businesses that buy recyclable plastics have become a buyers' market. They have cut the price per ton they are willing to pay and they have demanded further reductions in the amount of impurities they will accept.

For the past two years US cities have struggled to find buyers for their plastics. There are too many different types. And there are few to no markets for low-quality plastics such as plastic bags and other film or flimsy plastic. In recent months, news agencies have reported that more than 90 percent

of the plastics ever manufactured never got recycled. Instead, they have wound up in landfills, incinerators, in the environment. Nearly half of discarded plastic is produced as packaging materials; most of that never sees a recycling bin. And it keeps coming. National Geographic reports that more than half of the plastic ever produced has been manufactured in the last 15 years.

Researchers estimate eighteen billion pounds of plastic ends up in the ocean each year. Over time—decades, millennia—it breaks down, first into trillions of small pellets that are the building blocks, and then even further into nano particles that can be consumed by zooplankton and enter the food chain.

Micro plastics are now found in snow and rainwater, not to mention human excrement. Scientist Gabrielle Black of UC Davis is taking samples of biosolids from sewer treatment plants in California and tracking chemicals from plastics, in human waste. She reports the presence of these chemicals in our bodies is going up.

While the loss of China as a buyer for bales of recyclable plastic has caused some cities to pull back from recycling, others including San Francisco, have stepped up. Recology has invested \$20 million over three

years in state-of-the-art optical and robotic sorters. We are sorting more plastics than other cities, recycling clamshell containers and clear plastic boxes.

While most plastics do not get recycled, most aluminum cans do. There is a worldwide market for this magic metal. Aluminum is lightweight, flexible, and strong.

A machine called an eddy current separator repels aluminum cans off the line as they move down the conveyor belt inside Recycle Central, the 200,000-square-foot recycling plant Recology operates on San Francisco's Pier 96. They host tours, two Saturdays a month.

A powerful magnet pulls steel and tin cans off the line. A mechanical

You can help

Use a kitchen compost pail for food scraps.
Use a metal water bottle.
That reduces plastic bottles and saves you money.
Keep reusable tote bags at the ready when shopping.
Refuse single-use plastics whenever possible.
Young people around the world are becoming part of the zero waste movement.
Join them. It feels great!

screen with large, spinning wheels creates a stream of recycled cardboard. Approximately 80 percent of the material in our recycling bins is paper and cardboard. Then a series of spinning disks that look a little like fish ladders, separates paper from bottles and cans. Glass bottles arriving at Recycle Central get mechanically sorted from other recycling and go to a glass plant near Modesto.

San Francisco now produces bales of recycled paper with less than 1 percent impurities. And unlike other cities, we make bales of recyclable cardboard that are clean enough to meet the new Chinese standards.

With the marketplace now demanding we take measures to protect the quality of that paper, there is a national push to keep liquids and food out of recycling bins. Empty your soda cans and

shake out your food containers before recycling them. When cleaner, drier materials arrive at recycling facilities, sorters have a better shot at recycling the discards.

Recyclables do not have to be pristine, just reasonably clean. City recycling specialists audit recycle bins at businesses and large apartment buildings and notify customers who fail to make reasonable efforts to sort their recyclables. If large customers* continue to mix recyclables with trash, all their material is considered trash and they get charged accordingly.

While the news about plastics is bad, one of the best things happening in San Francisco is the food scrap composting collection program. We collect more than 800 tons of food scraps and yard trimmings a day for composting. That means curbside composting, measured in tons collected per day, has surpassed curbside recycling in this city. That is a major accomplishment which is helping achieve multiple and significant environmental benefits.

Recology's curbside composting collection program has kept more than 2 million tons of food scraps and yard trimmings out of landfill. They go to modern compost facilities, the largest is near Modesto. The composting process includes 11 steps and takes 60 days and can make custom blends that give farmers a viable alternative

** The Dolphin Club does a pretty good job of sorting, but we must stop putting recyclables in plastic bags. And clean those paper plates.*



Recycle Central, another sorting station deeper in the facility.

Resources:

- BetterAtTheBin.com, a Recology site.
- "Planet or Plastic," *National Geographic* special issue, June 2018
- Drawdown, edited by Paul Hawkin
- *Waste Free Kitchen Handbook* by Dana Gunders
- *La Maison du Zéro Déchet*, Zero Waste France
- "Biggest Little Farm," documentary film, producers John Chester & Sandra Keats
- *Kiss The Ground*, book & documentary film, Joshua & Rebecca Tickell, Big Picture Ranch

to chemical fertilizers. A half-inch of finished compost is spread across local fields where it is quickly consumed by microbes in the topsoil.

California vineyards use San Francisco compost to grow mustard and other cover crops that pull carbon out of the atmosphere and sequester it deep in the soil. By applying compost to grow cover crops, farms and vineyards can capture more than one ton of carbon per acre per year.

One of the biggest environmental issues in the world today is desertification; higher temperatures are drying out topsoil in many regions around the planet. Applying compost can rejuvenate soil and help regions survive drought. Compost by weight is 50 percent humus which is a natural sponge that attracts and retains water. San Francisco compost helped many vineyards survive the four-year



In much of the world, trash, including plastic, is burned in incinerators.

drought in California. Farms that farm naturally with compost grow 30 percent more food in times of drought – healthy food that we help grow by composting, healthy food that comes back to our kitchen tables to support our good health.

Soil made healthy by applying compost also helps our oceans. That's because plants that flourish in healthy soil pull carbon out of the atmosphere, and less carbon in the atmosphere reduces carbon pressure on our oceans.

Need more reasons to get in the game? Recycling one ton of paper saves 17 trees, and we need trees now more than ever before. And recycling creates 10 times more jobs than landfilling or incineration.

10 Reasons to Compost

1. Keeps materials out of landfills, which saves space and reduces gas emissions, such as methane and other potent greenhouse gases.
2. Returns nutrients and minerals to farms to help keep soils fertile.
3. Promotes microbial activity in topsoil. That switches on the life web in soil, making micronutrients available to plant roots and discouraging soil diseases.
4. Helps protect precious topsoil on farms and orchards from erosion.
5. Saves tremendous amounts of water. Good quality compost is 50 percent humus by weight, and humus is a natural sponge that attracts and retains water.
6. Sequesters carbon deep in the soil, especially when used to grow cover crops that shade topsoil and increase photosynthesis.
7. Creates three times more jobs than landfills.
8. Helps cities make significant progress toward achieving zero waste.
9. Turns food scraps and plant cuttings into fruits, vegetables, and fine wines. Healthy soil equals healthy plants.
10. Improves a city's recycling program. When food scraps are collected separately, they do not come in contact with paper, which helps the city ship higher-quality recyclable paper. Paper mills now demand bales have one percent or less impurities.

Source: Recology

Robert Reed is a San Francisco-based writer and spokesman for Recology, San Francisco's recycling company.



San Francisco's compostable trash is turned into nutrient-rich compost used on local farms and vineyards.

SWIM COMMISSIONERS REPORT

Open water swimming, and in particular swims beyond the protection of our Aquatic Park home, provides a unique and transformative wilderness experience readily accessible from our urban San Francisco setting. Swimmers are revitalized through the dynamic and ever changing water, air, and light as the elements intermingle and provide constantly evolving visuals upon the Bay, ocean, and surrounding hills. Our unique fauna includes the young Heron wading under our dock curiously gawking at us as we take a plunge, the longtime resident Mallards who happily coexist with our members, the ever-present Gulls squawking and hunting, and the Grebes placidly floating in the center of the cove or by the Alma. However, fate is a cruel mistress. A sublime day in and on the water can quickly become tumultuous -- this was experienced by all of us when we had to recently abort one of our out of cove swims.

We awoke on the morning of February 9th to a high wind advisory calling for NNE winds of 15 to 30 mph with gusts up to 50 mph. For once, the meteorologists' predictions came true and our Gas House Cove

swim was unfortunately cancelled. Trees and power lines throughout the Bay Area were blown over — the wind even shattered a reinforced window at the Millennium Tower — and all ferry service on the Bay was cancelled. Nearly ninety swimmers signed up for the Gas House Cove swim and most arrived at the club prepared to test the waters. However, it was readily apparent as we saw the white crests that we could not safely venture outside of the cove. Several members mentioned that their cars were shaking from the wind as they drove to the club. When the cancellation was officially announced, a look of relief played across the faces of our normally intrepid swimmers.

From the Staib Room, we bore witness to waves crashing against and over the breakwater. Whitecaps were everywhere and heavy chop appeared to be two to three feet high — sublime conditions for many of us who like the rough water. Many of our Dolphins who braved the conditions in the cove experienced one of the roughest swims in memory. The shape and narrowness of the opening produced nearly six-foot waves, making it almost impossible to swim ten yards north of the buoy. One

very able swimmer stumbled into the sauna mumbling that it was the hardest cove he had ever completed.

Aside from our swimming adventures in the cove, the Bay itself was similarly challenging. Several sailboats, with furled sails, were seen trying to make it safely back to harbor. A pair of kite surfers had to be rescued near the Golden Gate Bridge — I suppose if you have a lapse of judgement, then at least buddy up! Needless to say, the Coast Guard was extremely relieved to hear that we had decided to cancel our swim.

As we write this log entry the day before our Pier 39 swim, a Small Craft Advisory for coastal waters is in effect. However, we Dolphins will congregate with aspirations that the conditions will be manageable and safe for our pilots and swimmers — and that we can take pleasure from a hearty swim aided by a fair ebb tide. (The day turned out perfect, hardly any wind at all.) As we sign off for now, we expect that our swimmers will continue to log their miles for the 2019-2020 Polar Bear Challenge, while relishing the warmth of our saunas and community during the cold season.

NY Day Cove & Alcatraz Swims JANUARY 1, 2020			Pier 41 Swim JANUARY 18, 2020		
<p>The New Year's Day Cove was enthusiastically swum by those wishing to greet the new year in the usual Dolphin Cove fashion – swim to Eppelton Hall, or swim to the flag, or swim all the way around the cove. No registration required, no place or time kept. The annual New Year's Day Alcatraz swim, run by South End Rowing Club, had terrific conditions: minimal tidal action, low wind, and sunny day. The following is the order in which the Dolphins finished, with the "place" column indication where in the 100 swimmers from both the DSBC and SERC finished.</p>			<p>The first Dolphin Club swim of the year: a chilly but fun and easy one-mile swim (4 squares). No peculiar weather conditions or tidal conditions.</p>		
Place	Name	Time	Place	Name	Time
2	Suzanne Heim	27:21	1	Joby Bernstein	17:20
5	Ryan Utsumi	30:55	2	John Renko	18:55
11	Lauren Au	33:45	3	Chris Wagner	19:46
14	Amanda Ernzer	34:39	4	Michael T-Hahn	19:56
16	Duff Hearon	35:01	5	Stephen Schatz	20:09
17	Michael T-Hahn	35:02	6	Cesar Manzano	21:10
19	Sean McFadden	35:19	7	Tim McElligott	21:22
29	Steve Carlson	38:30	8	Jaron Ness	21:25
30	John Gibbon	38:49	9	Tor Lundgren	21:30
33	Chris Germain	39:28	10	Steve Carlson	21:33
34	Tor Lundgren	39:50	11	John Stassen	23:01
			12	Michael Coren	23:19
			13	Thomas Reynolds	23:28
			14	Erik Cufino	24:15
			15	Aniko Kurczinak	24:10
			16	Charlie Cross	23:35
			17	Matt Clark	24:49
			18	Andrew Braithwaite	24:54
			19	Terence Huwe	25:02
			20	Marie Sayles	25:09
			21	Maggie Lonergan	25:12
			22	Richard Goozh	25:13
<p>39 Tom Neill 40:25 40 Cesar Manzano 40:38 41 Kathleen Sheridan 40:48 43 Xander Groeneveld 40:55 44 Gina Rus 41:10 55 Sean Lavelle 43:20 57 Richard Goozh 44:16 59 Thomas Kuglen 44:44 63 Danny De Leon 45:43 65 Richard Haymes 46:08 68 Andrew Cassidy 46:35 76 Quinn Duffy 48:10 80 Maggie Lonergan 50:41 82 Andy Stone 51:41 83 John Gower 52:38 84 Kathleen Duffy 53:20 98 Mick Lavelle 1:10:00</p> <p>Pilots: Marcus Auerbuch, Jon Bielinski, John Blackman, George Chamales, Barry Christian, Jim Frew, Stu Gannes, Larry Heine, Gavin Jefferies, Brian Kiernan, Tim Kreutzen, Mary Magocsy, Tom McCall, Mikhail Melnikov, Jane Mermelstein, Dave Nettell, Joseph Omran, Will Powning, Phil Reiff, John Robiola, Gabe Scurlock, Diane Walton Helpers: Tom Hunt Test swimmers: Peter Cullinan, Hal Offen</p>					

DOLPHIN LOG SWIM STATISTICS

23	Danny De Leon	25:20
24	P.J. Skarlanic	25:26
25	Morgan Kulla	26:06
26	Andy Stone	26:09
27	Zach Walton	26:13
28	Julian Sapirstein	26:22
29	Peter Cullinan	26:27
30	David Strasburg	26:28
31	Nancy Booth	26:29
32	Richard Haymes	26:42
33	Keith Nelson	26:47
34	Phil Rollins	26:57
35	Marcy Michael	27:11
36	Holly Reed	27:13
37	Tommaso Trionfi	27:44
38	Marlin Gilbert	27:48
39	Joni Beemsterboer	28:09
40	Bobby Lu	28:20
41	Bill Burke	28:34
42	George Robin	28:36
43	Kathleen Duffy	29:22
44	Talia Brinton	29:45
45	John Hornor	29:46
46	Hal Offen	29:55
47	Robin Rome	30:50
48	Keith Howell	30:55
49	Lucia Pacca	31:05
50	Michael Barber	31:38
51	Joe Gannon	32:34
52	Arnie Thompson	33:54
53	Will Powning	34:07
54	Stuart Gannes	34:29
55	Michael Sesko	35:15
Pilots: Jean Allan, Marcus Auerbuch, Jon Bielinski, Laura Zovickian, Scott Cauchois, Duke Dahlin, James Dilworth, Paul DuBois, Tim Dumm, Jim Frew, Brad Gambrell, Chris Germain, Lewis Haidt, Larry Heine, Nancy Hornor, Davis Ja, Margaret Keenan, Brian Kiernan, Kristina Kordesch, Wendy Kordesch, Tim Kreutzen, Mick Lavelle, Tracy Lorenz, Martin Machado, Grant Mays, Bri McCarthy, Mikhail Melnikov, Tom Neill, David Nettell, John Robiola, Kathleen Sheridan, Deborah Sherwood, Maile Smith, Lance Starin, Omer Thompson, Nihan Tiriyaki, Diane Walton, David Zovickian Helpers: Andrea Allen, Joni Beemsterboer, Peter Bianucci, Nancy Booth, Lindsay Boswell, Bill Burke, Steve Carlson, Andrew Cassidy, Daniel Cavey, Peter Cullinan, Lisa Domitrovich, Kathleen Duffy, Pauline F-Koppenol, Susan Garfield, Marlin Gilbert, Brian Gilbert, Richard Haymes, Tom Hunt, Terence Huwe, Mara Iaconi, Erika Kettleson, Joel Kramer, Morgan Kulla, Michelle Kuroda, Helen McKinley, Jane Mermelstein, Ken Miller, Keith		

Nelson, Jaron Ness, Emily Nogue, Nanda Palmieri, Regan Pritzker, Phil Rollins, Robin Rome, Suzanne Scott, Eric Shupert, John Stassen, Sam Suttle, Kaitlin Talley, Arnie Thompson, John Thorpe, Cheryl Wallace, Zach Walton, Rebecca Wolski, Janice Wood **Test swim:** Jean Allan, Andrew Cassidy, Scott Cauchois, Peter Cullinan, Nancy Hornor, Bri McCarthy, Jon Bielinski, Joe Gannon, Steve Hanson, Terry Horn, Tim Kreutzen, Maggie Lonergan, Thomas McCall, Tom Neill, Kathleen Sheridan, Diane Walton

Pier 39 Swim MARCH 1, 2020

Despite wind warnings, both the swim itself and the test swim were performed with little difficulty, since the wind did not pick up until the swim and test swim were nearly finished. On the whole, a beautiful morning on the Bay, enough ebb current to quicken times and all who swam finished and added a qualified swim toward the GG and Alcatraz swims.

Place	Name	Time
1	Quinn Fitzgerald	24:22
2	Suzanne Heim	24:42
3	Chris Wagner	26:24
4	Laura Zovickian	26:52
5	Stephen Schatz	27:07
6	Travis Bickham	27:17
7	Michael T-Hahn	27:22
8	Jaron Ness	28:11
9	Mauricio Prieto	28:32
10	Matt Clark	28:34
11	Peter Bartu	28:43
12	John Gibbon	28:47
13	Cesar Manzano	29:12
14	Matthias Fore	29:15
15	Steve Carlson	29:23
16	John Stassen	29:46
17	John Haymaker	29:50
18	Erika Kettleson	29:51
19	Kaitlin Talley	30:03
20	Kate Mapstone	31:51
21	George Morris	32:31
22	Jason Prodoehl	32:38
23	Richard Haymes	33:49
24	Quinn Duffy	34:25
25	Marie Sayles	34:30
26	Jennifer Sturgill	34:44
27	Nancy Booth	34:46
28	Karin Christenson	35:05
29	Andy Stone	35:15
30	Keith Nelson	35:26
30	Zach Walton	35:26
32	Jean Lamming	36:11
33	Dean Badessa	36:22
34	Marcy Michael	36:27
35	Megan Wachs	36:30

36	Tommaso Trionfi	36:35
37	Lindzy Bivings	36:42
38	Holly Reed	36:56
39	Joni Beemsterboer	37:10
40	Bastiaan Koch	37:39
41	Kathleen Duffy	37:43
42	Derrick Rebello	37:49
43	Mark Lenz	37:50
44	Gretchen Coffman	38:20
45	Daniel Wolfe	39:21
46	Paco Rosas	39:34
47	John Hornor	39:35
48	Lisa Domitrovich	40:09
49	Lindsey Hoshaw	41:30
50	Robin Rome	41:53
51	Keith Howell	42:24
52	Jim Frew	43:08
53	Michael Barber	43:45
54	Joe Gannon	44:35
55	Scott Halsted	47:12
56	Stuart Gannes	48:19
57	Donna Schumacher	53:47
58	Kate Matthey	53:56
59	Suma Snehalatha	59:20
Pilots: Jon Bielinski, John Blackman, Scott Cauchois, Barry Christian, James Dilworth, Tim Dumm, Erin Figel, John Grunstad, Julia Hechanova, Larry Heine, Evan Hirsch, Nancy Hornor, Diane Jackson, Margaret Keenan, Brian Kiernan, Tim Kreutzen, Eric Lam, Mary Magocsy, Rob Martinez, Thomas McCall, Tom Neill, Jesse Pence, John Robiola, Kathleen Sheridan, Nihan Tiriyaki, Diane Walton, David Zovickian Helpers: Andrea Allen, Lindzy Bivings, Ward Bushee, Steve Carlson, Andrew Cassidy, Karin Christenson, Matt Clark, Lisa Domitrovich, Kathleen Duffy, Pauline Farmer-Koppenol, Susan Garfield, John Gibbon, Brian Gilbert, Richard Haymes, John Henderson, Lindsey Hoshaw, Carolyn Hu, Tom Hunt, Terry Huwe, Mara Iaconi, Bastiaan Koch, Kristina Kordesch, Cesar Manzano, Marcy Michael, Keith Nelson, Jaron Ness, Lorna Newlin, Nanda Palmieri, Derrick Rebello, Polly Rose, Gina Rus, Marie Sayles, Susan Saylor, Suzanne Scott, Eric Shupert, Suma Snehalatha, Jennifer Sturgill, Sam Suttle, Kaitlin Talley, John Thorpe, Michael Tschantz-Hahn, Nico Van Dongen, Chris Wagner, Zach Walton, Daniel Wolfe, Rebecca Wolski, Janice Wood Test swim: Andrew Cassidy, Scott Cauchois, Erin Figel, Matthias Fore, Nancy Hornor, Carolyn Hui, Mara Iaconi, John Blackman, Duke Dahlin, Tim Dumm, Jim Frew, Joe Gannon, Terry Horn, Tim Kreutzen, Tom Neill, Nanda Palmieri, Kathleen Sheridan, John Thorpe, Chris Wagner		

PRESIDENT'S REPORT - Diane Walton

In 1877, John Wieland and Valentine Kehrlein formed The Dolphin Swimming & Boating Club, creating space for their families to be together and enjoy the Bay. One hundred years later, unanticipated at the outset, women became members. Today, unimagined in 1877, we are 1700+ strong, following gratefully in those footsteps as we enjoy the bay, row and swim, and celebrate each other. Equally unimagined, even last month, we know what it takes to flatten the curve of an extraordinary virus, what we can do as a club and as individuals to strengthen our community. What do we want our Club's future to be?

We know we will still be swimming! This year, we have more Polar Bear swimmers than ever, we have 17 big organized swims, lots of smaller ones, including two Bay-to-Breakers, and our swimmers will participate in other swims around the world, as well as swim in the Cove and the Bay as often as possible. We support under-served local youth through the Youth Swim Fund, providing opportunities to learn how to swim. While we have Intro to Bay Swimming, greatly appreciated by all, one recent suggestion has been to add some more advanced swim courses; other ideas include using swimming to build the next generation of the Club, and supporting more private piloted out-of-cove swims. And swimming has of course continued during the Club closure, at Aquatic Park and elsewhere around the Bay. What else might we be doing with and for our swimmers?

We know we will still be rowing! Our fleet has grown from those early days, still the Whitehalls, heavy wooden singles and doubles, plus the Vikings, the Wieland, a roster of single and double shells at Aquatic Park and Lake Merced, and 4 LiteBoats- two singles, a double and a quad. Plus personal and Club kayaks and SUPs. How will the fleet grow to meet members' needs? We row for pleasure, for fitness, for piloting our swims, and for competition - we sponsor 3 regattas, and participate in others. Suggestions are coming in for more non-competitive rows together, more multi-station boats, using rowing to build the next generation of the Club, and some different Club-led challenges. What else might we be doing with and for our rowers?

We will also still be lifting weights, running and playing handball. We will still be eating and drinking, working on the boats, and cleaning up the locker rooms, together. The Foundation will still be funding swimming, rowing and boat-building outreach to the community, as well as supporting the best facility possible here at Aquatic Park. We will still be celebrating the Bay, those who work to keep it healthy, and each other.

What might we do now to best assure the Club we want others to enjoy tomorrow? We will still have our unique identity, our legacy as Dolphins, but maybe we will have different ways to partner with like-minded friends. Maybe we will have lessons learned from COVID19, lessons of the joys of simply getting to do what we get to do. Maybe we will want to earn additional revenue to fund new challenges. Maybe we will have a more diverse membership. Maybe we will have a third location. Maybe the Foundation will be a primary force for expanding San Franciscans' access to rowing, swimming and boat-building. Please send your thoughts, your maybes, to me at President@dolphinclub.org. I look forward to the conversations, to strategizing, prioritizing and taking action!



President Diane Walton sporting a Robin Rome mask



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2020 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Wed TBD	*New Year's Day Alcatraz
Jan 1	Wed TBD	New Year's Day Cove Swim
Jan 18	Sat 8:30 am	*Pier 41
Feb 1-2	Sat/Sun	24 hour cove relay
Feb 9	Sun 8:30 am	*Gas House Cove
Feb 16	Sun TBD	Old Timer's Lunch
Mar 1	Sun 8:00 am	*Pier 39
Mar 14	Sun 7:15 am	*John Nogue Swim for Science Pier 15
Mar 15	Sun TBD	McCovey Cove Regatta
Mar 21	Sat 8:00 am	*Yacht Harbor
Mar 21	Sat 11:00 pm	End of Polar Bear
Apr 11	Sat 11:00 am	Dick Beeler Crazy Cove
Apr 25	Sat 11:00 am	*Coghlan Beach (fun swim)
May 23	Sat TBD	Rowers Festival
May 30	Sat 8:00 am	*Bay Bridge
Jun 1	Mon 5:00 am	100-Mile Swim Begins
Jun 20	Sat 9:30 am	*Pride Swim
Jun 21	Sun 9:15	Baykeeper Relay
Jun 27	Sat 5:00 pm	*Under 30 & 30-45
Jun 27	Sat 5:00 pm	*Doc Howard Over 45
Jul 18	Sat TBD	Trans Tahoe
Jul 19	Sun 9:00 am	*Crissy Field
Aug 1/2	Sat/Sun	*Santa Cruz Pier Swim
Aug 15	Sat 11:00 am	Walt Schneebeil Over 60 Cove
Aug 30	Sun 8:00 am	*Fort Point
Sep 12	Sat 9:30 am	*Alcatraz
Sep 27	Sun TBD	Swim Across America
Oct 3	Sat 10:00 am	Dolphin/South End Triathlon
Oct 10	Sun 8:30 am	*Joe Bruno Golden Gate
Oct 17	Sat	Angel Island Regatta
Oct 24	Sat 7:45 am	Escape from Alcatraz Triathlon
Oct 31	Sat 11:00 pm	100-Mile Swim Ends
Nov 14	Sat TBD	Pilot Appreciation Dinner
Nov 22	Sun 5:00 am	Grizzly Bear Challenge
Nov 26	Thur 9:00 am	Thanksgiving Day Cove
Dec 20	Sun 8:00 am	New Year's Day Qualifier & Holiday Brunch
Dec 21	Mon 5:00 am	Polar Bear Swim Begins
Dec 31	Tue 11:00 pm	Grizzly Bear Challenge Ends

ROWING TRAINING

These Saturdays aT 9:00 am

January 18

February 22

March 21

April 18

May 16

June 20

July 18

August 22

September 19

October 17

November 21

December 19

Intro to bay swimming *usually*
offered on the Saturday *or*
Sunday following the monthly
Board Meetings, check website
www.dolphinclub.org

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members, who are current on their dues and fees and in good standing.
 2. Swimmers must have current USMS membership, or USA Swimming membership, as appropriate and abide by each organization's rules and requirements.
 3. Swimmers are required to wear orange caps on all scheduled swims.
 4. Swimmers cannot use swim aids including fins and wet suits, on any timed scheduled swims.
 5. New members are not eligible to swim in scheduled out-of-cove swims for either 6-months from the start of their membership, or before successfully completing the 100-mile swim, the Polar Bear swim, or the Accelerated Out-of-Cove process.
 6. All out-of-cove swims require a pilot:swimmer ratio of 1:3.
 7. Time limits may be imposed at the discretion of the Swim Commissioner(s).
 8. All Club boats are reserved for scheduled swims. Co-pilots are encouraged. Riders are prohibited.
 9. Swimmers must register during check-in and attend the swim briefing in order to swim.
 10. To swim Golden Gate or Alcatraz, members must successfully complete at least three qualifying swims and help on at least three swims.
 11. Out-of-town members must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 10 above.
- (Nothing in the above rules shall contravene any applicable Federal laws and statutes.)

Alcatraz Island
1.4 miles



Fort Point
3.5 miles

Crissy Field
2.5 miles

Yacht Harbor
1.5 miles

Gashouse Cove
1 mile

Aquatic Park Cove

Pier 43
1 mile

Pier 41½
1.2 miles

SUMMER 2020

DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



Dolphin Log

Keith Howell, *Editor*

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Andrew Cassidy, *Swim Stats*

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Club Archivist

Morgan Kulla

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Editorial Policy

Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.

Officers

President: Diane Walton

Vice President: Joe Marenda

Membership Director: Janice Wood

Treasurer: Nanda Palmieri

Recording Secretary: Dave Zovickian

House Captain: John Hornor

Boat Captain: Jon Bielinski

Board of Governors

Jean Allen, Ward Bushee, Andrew

Cassidy, Ken Coren, Quincy

Darbyshire, James Dilworth,

Lee Hammack, Davis Ja

Club Manager: John Ingle

Swimming

Swim Commissioners: Tom Neil, Tim Kreutzen,

Kathleen Sheridan

Check-in: Eric Shupert

Clean-up: Neal Powers

Clothes Wrangling: Rebecca Wolski

Galley Captain: Nanda Palmieri

Intro to Bay Swimming: Lolly Lewis, Rose

Levien

Swim Trinkets: Margaret Keenan

Timing: Polly Rose

Rowing

Rowing Commissioner: Quincy Darbyshire

Lake Merced Captain: Jim Storm

Power Boat Commissioner: Larry Heine

Kayak Training: Terry Horn, Brian Kiernan

Pilot Training: Jon Bielinski

Shell Training: OPEN

Wooden Training: Eric Lam

Grizzly Challenge: Fiona Smythe

Motorized Skills and Safety Training: Larry

Heine, Holland Ja, Mark Gustin

Once 'Round the Cove

What's Up at Aquatic Park and What Can I do to Help?



On Muni Pier the rot has set in

The pressing need for a new municipal pier, given the decayed quality of the present one, inspired a group of Dolphin and South End Club members to initiate a large vision plan for Aquatic Park and Fort Mason. Diane Walton and Nancy Hornor, a now-retired member of the National Park Service, have been participating in this effort. The committee has hired Dolphin member Cathie Barner to manage the vision study. The study area is bound by Hyde Street Pier, the western edge of Fort Mason, Bay Street and the bay.

The Aquatic Park & Pier Project draws on the expertise and resources of civic and non-profit groups including San Francisco Maritime National Historical Park, Golden Gate National Recreation Area, Fort Mason Center for the Arts + Culture, Supervisors Stefani and Peskin and the City & County of San Francisco. Full funding for the Vision Study is nearly achieved. The City is contributing \$150,000, the National Park Service \$50,000 and to-date the Aquatic Park & Pier Project group is providing \$120,000. A

remaining \$30,000 needs to be raised by September 1 of this year. Already, Dolphin Club and South End Club members have been contributing to this effort, taking advantage of an opportunity to have donations matched dollar for dollar by the National Park Service Centennial Challenge Match. Please visit www.saveaquaticparkpier.com and donate today. The Aquatic Park & Pier Project Committee plans to start the Vision Study this fall and complete it during 2021.

Other Athletics

DC/SERC TRI Captain: Open

EFAT: Gina Rus

Handball Captain: Paul Brady

Running Commissioner: Anna Olsen

Weight Room Captain: Robert Selsted

Lockers

Women's Captain: Jane Mermelstein

Men's Captain: David Zovickian

Club House

Gardens: Susanne Fredrick, Andy Stone

Deck Landscape: Steve Krolik

Green Team: OPEN

Pier & Deck Hands: Stephen Crawford

Social

Entertainment Commish: Robin Rome

Book Club: Kate Matthay, Anne Sasaki

Club Mixer: Todd Bloch, Nanda Palmieri

DC Forum: Joe Illick

Event Requests: Janice Wood

Ukulele Club: Carolyn Hui

Communications

Comm Committee: Andrea Morgan

Facebook: James Dilworth

Group.io: James Dilworth

Instagram: Graham Tibbets

Twitter: Nancy Friedman

Website Manager: Alana Harrington

Lost & Found

Club & Women's Locker Room: Piper

Murakami

Men's Locker Room: Hal Offen

Other

Dolphin Foundation: Chris Wagner

DC Youth Swim Fund: Diane Walton

Fundraising Committee: OPEN

Government: Ken Coren, Meg Reilly

Renovation Committee: Jay Adams, Peter van der Sterre

Save Aquatic Park Pier: Diane Walton

Swag: Andrea Morgan

Volunteer Coordinator: Natasha Bernie

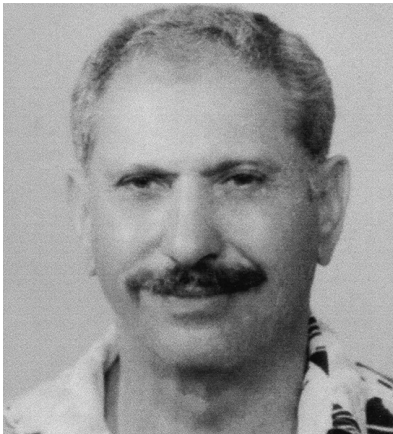
In Memoriam

Dolphin Club: A Contingent Beneficiary

The generosity of Benjamin Joseph 1911-2000

My uncle was Benny Joseph. A Dolphin Club member for 40 years, he was 50 when he joined in 1961 and cherished his long-time friendships. He had been a member of the South End Rowing Club through the 1950s-60s. A native San Franciscan, he grew up in the Fillmore District, and worked part-time for The San Francisco Examiner dropping off bundles of newspapers for delivery in the early hours five days a week.

He retired to Acapulco for about 30 years, then to Honolulu after having a pacemaker implanted (his resting heartbeat was in the low 50s) for another 15 years. My mother, Pearl Joseph Zeimer, was his primary beneficiary until she passed away last May at nearly 102 years of age. Now, he has bequeathed two gifts of generosity to The Dolphin Club through me as his Trustee.



Benny Joseph

Speedo. Goggles. Swim Cap. Backstroke. That was all Uncle Benny ever needed for his daily swim in the cove. Over his decades of membership, he never set any records when participating in the Alcatraz or the Golden Gate Bridge swims, but he almost always finished. Benny loved hanging out with his fellow "Beach Bums" at the

Aquatic Park Sand Pits and at the Dolphin Club including Walt Schneebeli, Lou Marcelli and Walt Stack. I remember visiting them on warm summer and fall days to hear stories.

One secret to Benny's longevity was his extremely laid-back attitude. He always smiled when he said he was "Just taking it easy". That meant living a no-stress lifestyle, investing wisely, enjoying quality time with his family and not worrying about much else.

He traveled a great deal. When he wasn't in Mexico, he was on tramp steamers across the Pacific or to Europe, or living in inexpensive countries like Spain or Greece, and Eilat, Israel.

Benny never sat down to a meal he didn't love. His favorites were buffets that lasted for several hours at The Halekoa and The Navy League Officer's Club in Honolulu, or Tadich Grill downtown or Ton Kiang for Dim Sum on Geary Street.

Like most members of The Dolphin Club, Uncle Benny was eccentric, eclectic and independent, with a real zest for life. He was as solitary as a man could be, but he was never alone because of his ties to his family and long-time friends.

My Uncle Benny saved his pennies and was surprisingly generous to his family, numerous local and Hawaiian charities, and especially to The Dolphin Club. He gave two large gifts totaling \$20,000 — one to help support The Old Timer's Lunch and one to remodel the kitchen to accommodate the club's growing roster.

Please follow Ben Joseph's lead in making a contribution in a family member's name like he did, or to simply acknowledge the importance of a 140-year-old community. Contact Treasurer Nanda Palmieri for more information.

By Gil Zeimer

Joseph "Rocky" Muzzin 1958-2020



*"Rocky" Muzzin.
Always smiling.*

No one in the sauna could resist Rocky; no one wanted to. We would be hunched over, curled up inside as if that would relieve the chills of the wintry waters, and Rocky would burst in, full of energy and cheer — and, if you will, warmth. We all knew he had driven all the way in from Tracy and had already swum, probably at dawn, that he faced a full day's work before driving back to his much-adored wife and full-of-life kids. They were no doubt in for the same treatment we got.

Joseph Muzzin was born in San Francisco on July 17, 1958, to the late Joe and Gloria Muzzin. He was nicknamed for his father's favorite boxer, Rocky Marciano, and he too became a sports enthusiast, as well as a magical storyteller, spirited adventurer and, above all, a devoted and loving husband and father. He died peacefully at his home in Tracy on June 29, 2020. He attended St. Paul of the Shipwreck Grammar School and graduated from Sacred Heart High School, where he made the life-long friends who reveled with him in the city's playing fields and nightspots. He rarely missed a celebration, whether it be a picnic, anniversary, wedding, funeral, Rolling Stones concert, or any other event that provided an opportunity to mingle, laugh, swap stories or share support. He joyfully anticipated his family's annual Cabo trip and SF Giants games.

In addition to swimming in the Bay, his passions included motorcycles, boats, sporting events and great meals with old friends. But his greatest passion was focused on his wife, Rochelle, whom he married in 2000, and who remained his mainstay in health and later through sickness. Together they raised their two children, Cirina and Joe. Rocky lived his life to the fullest. Family and friends were constantly embraced. They knew him as kind and considerate, playful and mischievous, funny and loyal. Those same qualities proved to be an inspiration to his longtime employees at the Cal Cargo trucking company in Hayward, the reins of which he took over after his father passed.

Due to the pandemic, memorial services will be held at a future date. Donations may be made in memory of Rocky Muzzin to the UCSF Brain Tumor Center for the Brain Tumor Research Program. <https://bit.ly/300E2lk>

Cynthia Coppi 1939-2020



Photo: Susanne Friedrich

Lou's lady

For reasons unclear to me, I was chosen by Lou as Cynthia's pet sitter, mercifully after the demise of her German Shepherd. A few years after I became a Dolphin [in 1979] Lou discovered that I lived in North Beach and only 7 blocks from Cynthia's flat, thus every year a few days before their annual Cape Cod Trip I would transport Lou to Cynthia's house where we would together move her pet to Dan's and my flat on Jones St. For several years a cheerful blue parakeet, followed by a goldfish, which started out small but over the years became very large, requiring a larger and larger aquarium. Cynthia, to her great credit, would always have the aquarium ready for us at the bottom of her stairs. It was very heavy, even empty of water and all the goldfish accoutrements were bagged up in plastic shopping bags, ready to accompany the 7 inch goldfish, swimming around hysterically. At my house Lou would help unload the aquarium and then head for the Club, [or maybe Gino and Carlo's] and I would fill the tank and install the bubbler/filter and admire my goldfish guest. On their return we would reverse the whole routine and Lou and I would breathe a sigh of relief. When the parakeet died Cynthia decided that she would like to bury it on Cape Cod, so they placed it in the freezer and Lou constructed a very small wooden coffin, intending to transport the bird to Cape Cod for burial. When Cynthia saw the little wooden box she was delighted by it and immediately appropriated it for a jewelry box. As I remember the frozen corpse was unceremoniously taken to Cape Cod in a "Strike Anywhere" match box. Cynthia and I shared something else as well - Lou and my husband Daniel were both diagnosed with stage 4 Lung Cancer in the same week in August

2013. For Lou and Cynthia it was a new diagnosis, for Daniel it was the fall out of remission, two years after surgery. Lou did not respond to treatment and Cynthia became his extraordinary full time caregiver, making it possible for Lou to stay in his home, the Dolphin Club, until his death, only a few months later. Daniel was a little luckier and continued to swim and row to within a week of his death in the fall of 2014. I will miss Cynthia not just because she was a funny, wonderfully accomplished woman but because of that shared experience..

Mimi Osbourne

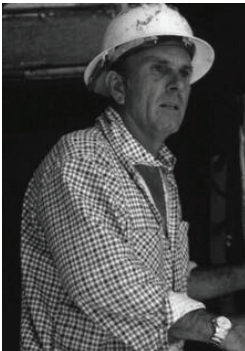
Cynthia was always a welcome sight at the club. She was one of those women who taught me how a woman gives another woman a sincere compliment: those pants are amazing. you look great in that dress. I love those earrings! they remind me of . . . A real woman says, "I see you bringing the style, good work, and that reminds me of a story . . ." "One of those finer points of the Italian art of sprezzatura (look it up) one learns at the Dolphin Club, . . . For our last Dolphin party for Lou, we went to Cynthia for some special cocktail ideas and some inspired sobriquets for our specialty drink menu.

Cynthia told us if we wanted to make a drink for her, it would be a negroni: equal parts Campari, sweet vermouth, and gin; a splash of angustora bitters, and a big curl of orange zest. She called it:

"What Are You Doing for The Rest of Your Life?"

Jacqueline McEvoy

James Herbert Madden Jr. 1930-2020



Herb Madden

James Herbert Madden Jr. passed away peacefully, in the company of his children-- Jim, Mike and Coleen -- on July 10, 2020, at age 90.

Born in Ross, he was the only son among five daughters. Apprenticed by his father (who had been apprenticed by his father) into the boating business when he was but ten years old, he carried on the same tradition with his own three children, putting them to work learning the business when they were ten. In his apprenticeship Herb built one of the many well-known San Francisco Bay "Bird" sailboats. In the late 1940s, his father moved to Buton, a small island in the Celebes islands to set up a boatbuilding business and teach the local people the crafts.

Upon return, Herb attended the College of Marin, then served in three years in the Air Force. He then graduated from Heald's School of Engineering and worked with Bechtel. But in 1957 Herb decided to go back to work with his father at the Sausalito Yacht Harbor and never turned back. He built the pile driver and custom tug, which are still at the Harbor, and drove over 10,000 piles. He built docks, bulkheads, ran the travel lift, and boatyard, built buildings, and had boats designed and built, including Fuji and Aries sailboats.

Like his father, Herb was a doer; no job was beneath him, no job was taken on that would not be completed to perfection. He loved extreme sports, was a lifetime member of the Olympic and Dolphin Clubs, went skydiving at 75, was a strong mountain biker, a skilled sailor, and an avid abalone diver, free diving for the last time at 80. As a competitive swimmer, Herb was invited by the Olympic Club to compete in Australia. He also competed with the Dolphin Club in many open water events, numerous Polar Bear swims, and the Alcatraz and Golden Gate Bridge crossings. He completed his last Escape at 60 years. (His first at 50.) His love for sports and competition was inspirational and irresistible.

As Lee Hammock observes: Jerry Cullen, Charlie Martin, Barbara Keller, Terry Keenan and I swam with Herb at around 6:30 A.M., 5 days a week, for a couple of decades. Herb was our leader. When Herb said go, we went. He set the course - Herb led, we followed. He was strong. He was very successful in business in an old-school kind of way - he knew exactly what he wanted and how much it cost and he never fooled around (I know because I worked for him.) He was a man of faith. Never trivial - he didn't joke around in the men's sauna. Above all he was a good friend & a solid Dolphin.

Lee Hammack



Charlie Korelec 1925-2020

The Dolphin Club has many artists: musicians, painters, dancers, writers. Charlie Korelec, who died July 17, 2020, at the age of 94, was also an artist. His art? Living a happy life, whether you were in your underwear in the locker room having crackers and cheese or dressed in your best at an expensive restaurant like Scomas. And if you were with Charlie you were having a good time. Guaranteed.

Charlie was a family man, the father of two beautiful daughters, Toni and Carrie and a grandfather and great grandfather; a WW2 Sailor; policeman; proud native-born San Franciscan; lover of the Dolphin Club and a captivating raconteur.

In WW2 he was among the first troops to go into both Hiroshima and Nagasaki just days after the bombs were dropped. As a policeman he rose through the ranks to become a Captain in charge of traffic, parking, parades and special events. And he was chosen to be part of the Knapp commission to investigate police corruption in cities like New York, Detroit, and New Orleans, all of which were sources for many tales.

Charlie's stories were framed mostly by humor rather than accuracy. But he told them with such joy that you'd laugh though you'd heard them a week ago. One memorable tale was of a police raid of a house of prostitution. Unfortunately, one of the "working ladies" was the daughter of one of Charlie's friends. "She escaped." Vintage Charlie.

If you were fortunate enough to be present while two home-grown, authentic San Francisco characters -- Walt Schneebeli and Charlie -- were reminiscing about our town when it was still neighborhoods rather than economic zones, you were privileged and enlightened.

Charlie was an ordinary man with an extraordinary heart. Many will remember and miss Sir Charles but his cheerful influence for 65 years helped to mold the club into what it is. His spirit will live on.

Bob McKenzie



Kathryn Werhane 1953-2020

Kathryn Werhane, beloved Dolphin Club member for the past six years, died of lung cancer at age 66 on July 17. The oldest girl in a family of 6 kids, she grew up mostly in rural towns of the midwest. Besides her mother, siblings and many nephews and nieces, she is survived by her primary chosen family members Debra Resnik (partner of 43 years) and Claudia Ochoa, and many long time devoted friends.

After college Kathryn followed her best friend to San Francisco in 1974, where she soon came out, loud and proud. She quickly started volunteering for many of the lesbian political causes of the day and joined the emerging lesbian feminist culture. She apprenticed as a union printer, joined the Women's Press Project and worked many years at the Feminist Bookstore News. Her passion for human, animal, and environmental justice continued throughout her life as she kept on raising her voice for change.

In the 90's her interest in art led her back to school at SF State where she got a Masters in Graphic Design and started a computer graphics design business. After a second masters in Geriatric Care Management, she worked as a care manager and taught art classes to disabled and senior populations, including at Art With Elders at Laguna Honda Hospital. Making art for and with others in her everyday life was one of her greatest joys.

When Kathryn found open-water swimming and the Dolphin Club with its eclectic population and in its welcoming atmosphere, she realized quickly she had found her people. She became a regular swimmer and volunteer and an enthusiastic participant in out of cove swims including Alcatraz and Golden Gate. In 2015 she had the thrill of extending her open water adventures to the Hampstead Heath Ponds in North London.

With her cancer diagnosis 2½ years ago, Kathryn continued to participate in swimming events but as part of the land crew. Perhaps it was her Buddhist practice of many years that kept her calm and unflappable as a member of the timing team. She continued to swim in the cove up to the end by making gradual adjustments to her routine - fins, shorter swims, sticking closer to shore - proudly settling for an old goat Polar Bear in 2018-19. For the comfort and joy it brought her, swimming in the Bay was an essential activity.

Debra has asked friends wishing to honor Kathryn to make donations in her memory to the Dolphin Club.

Holly Reed

Lime Point

The changes over one hundred years of swimming the Golden Gate

by Richard Cooper

How impressive Lime Point station appears in old club photographs! Today's swimmers and rowers must be aware of Lime Point, yet rarely give it a second thought. The station has changed dramatically over the years in terms of function and importance to both local mariners and the Dolphin Club.

In 1850, the Lime Point Military Reservation was established to provide for stronger coastal defense opposite Fort Point. However, due to political and financial delays, the government did not acquire the site until 1866.

With the end of the Civil War, and after numerous shipwrecks, the need for maritime safety superseded defense, although a few gun batteries were built around Lime Point.

In 1883 a fog signaling station became operational. Compared to what we see today, it was a big complex consisting of a masonry fog signal building, large keeper's quarters, coal shed, water tank, plus



Lime Rock new building 1941

some other structures.

Coal (oil after 1902) powered 12-inch steam whistles that replaced obsolete fog bells. A fixed white lens lantern was added in November 1900 and mounted on the SE corner (see 1963 photo). The U.S. Army added a large rectangular search light tower in 1910 at the NW corner. Point Bonita, Mile Rock, and other lights and horns circle the entrance to SF Bay, each with unique characteristics, flashes, and tones; helping ships to triangulate their position. The opening of the Golden Gate Bridge in 1937 added another light and foghorns at the south tower and mid-span.

Like other stations, Lime Point became automated in 1961. The familiar deep Beee-Oh sounding diaphragm type foghorn was replaced with an electronic oscillator blasting a tone every 30 seconds. The foghorn was silenced in 2008. Only a light, now solar powered, is still active.

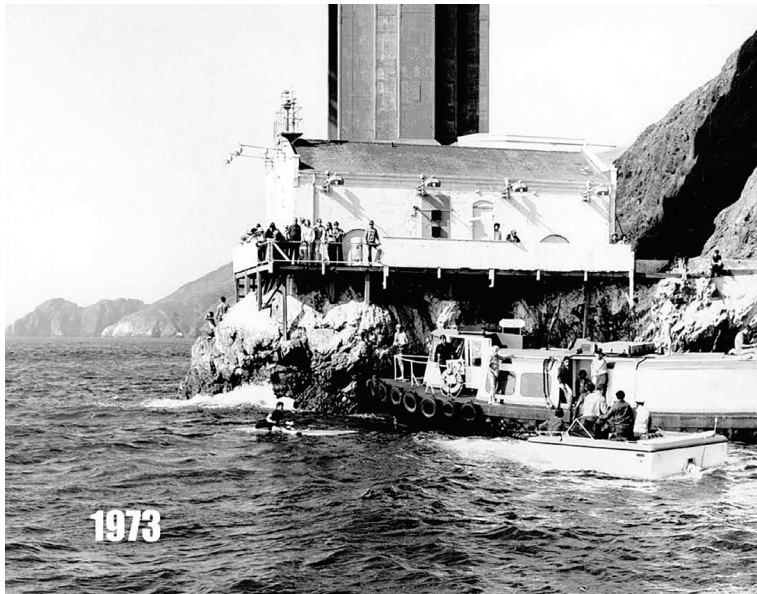
Most Lime Point structures were torn down in the sixties. The decaying fog signal building and adjoining search light tower are all that remain.

Since the first Dolphin Club crossing in 1917, Lime Rock, as we like to call it, has been that frightening, far-off goal for swimmers. A few races have started near the Rock, such as in this 1941 photograph. Tides and other factors have required some club swims to go North to South, but none since the 1960s.

For twenty years, before there was a bridge, the Golden Gate seemed more expansive and treacherous.



Lime Rock 1963 including lighthouse



Lime Rock 1973 Swimmers descend

Pilots and swimmers had to really focus on Lime Rock. Now the overhead span helps to gauge progress and deviations while crossing the strait.

Public access and a deck at Lime Rock station existed until about 1980 providing near-perfect views of our

swims. Also, it was our custom to have club helpers sitting on the rock to record finishers and their times. The 9/11 attack changed that. Authorities ordered us off the rock at gunpoint, as the story goes, during the 2004 swim. Since then we have tried to finish races as close as possible to Lime Rock without touching it and offending authority.

Hopefully, our swimmers and pilots will be crossing the Golden Gate for another hundred years. It is hard to imagine what changes they will witness.



Lime Rock today. No swimmers allowed.



*Who is the Life Member up in the air?
Answer page 15.

Annual Membership Meeting

Topic: DC Annual Meeting

Time: Oct 21, 2020 06:30 pm

Zoom Meeting ID: 825 4922 4486

Passcode: 750542

The Board will review the business of the past year and proposed activities for the next year.

Members are welcome to attend and participate per Article III, Section 6 of the By Laws.





John Davis

Antone Gelardi

Dino Landucci Jr.

Pete Bianucci

Aldo C.

OLD TIMERS 2020... 50

2020

25 - Year
Life Members



Erik Burke



Tom Dugan



Rey Hassan

MILESTONES

Photos Unavailable:

Robert Hartman

Alice Jones

Michael McElligott

Marc Wilson

Old Timer Photos by Colin Gift



Candace Kelly



Nancy Hayes



Pia Hinckle



Heidi Howell



Margaret Keenan



Peter McLaughlin



Mark Mullen



John Pelka



Paul Wolf

Il Gardinio di Cecco

by Susanne Friedrich

When I joined the Dolphin Club in May of 1996, I intended to row and swim and work on boats. I did not anticipate I would become a gardener.

The little garden patch squeezed in behind the gym, the dune and the beach has quite a long history. A nameplate on the worn door proclaims: Il Gardinio di Cecco, a reference to Cecco Menucci, who planted tomatoes and herbs there. Photographs taken in the 1970s and 80s, show Dolphin gardeners working the little patch. Then, some time after Cecco passed away in 1997, I found myself with a garden to tend to. For a few years I planted tomatoes every spring, as Cecco had, with disappointing results. Typically the plants would get invaded by some type of mildew or an attack of bugs in early summer. In the end, I would harvest just a handful, which I gave to Lou Marcelli.

I began bringing back a few sprigs of native plants I saw on my runs at Crissy Field, and collected seeds and planted them in the dune and the garden. And so the native plantings took off. There was Beach Evening Primrose (*Camissoniopsis cheiranthifolia*), which blooms bright yellow almost all year, and Beach Strawberries, yellow and blue Lupine, Beach Sageworth (*Artemisia pycnocephala*) with its bluish grey leaves and Seathrift.



I noticed 2 different species of beach grass on our dune: On the west side the broader leafed native American Dunegrass, on the East side European beach grass, which grows in clumps and is considered invasive - and thereby evil.

Many Dolphins enjoyed the sight of the garden and offerings of plants started coming in. One gift that has lasted came from Lou, who brought me a Monterey Pine in a bucket one day, from his girlfriend Cynthia's garden. Her landlord had told her either she or the pine had to go. I planted it in the dune and ten years later it is still there, not huge but thriving. The South End cats like to climb in it.

A good friend and gardener gifted me a tiny sprout of a sweet pea shrub, which grew and thrived and is now

about 4 feet tall and blooming year round. Another non-native plant with Mediterranean roots is the African Daisy, which I love because it requires little care and blooms profusely in many colors throughout the year. And there are four different types of Lavender, which loves the mix of fog, wind and sun.

Not every planting was successful and there were some notable setbacks. In 2014 I purchased a white and a red Rosa Rugosa, remembering the beach roses from my childhood on the Baltic Sea, and was thrilled to see them thrive and bloom. Until I noticed that they spread and popped up everywhere. On the advice of Phil Fernandez, who observed my efforts from his perch in the gym, I dug up the rugosa and found roots the size of my forearm. Yet several years after the deed was done, the white rugosa popped up again, this time on the beach side. Since it clearly wanted to live, I let it be.

Sometimes my garden adventures even lead to mutiny. King Sip gave me two small palm trees one spring. She had raised them from seed and I was excited to add them to the garden, envisioning some sort of exotic entrance portal from the beach. They grew and thrived and looked amazing. They also attracted the attention of adversaries who thought they were illegal and would grow too big and take away the view from the gym. When I returned from an extended trip in 2016, they were gone, dug up and carted away. I grieved. I can only hope they live on in someone else's garden.

In February, when the rains



Cecco in his garden.

soak the soil, I plant poppy and wild flower seeds and the reward is a gorgeous show of blooms in summer. At some point two worn and bleached chairs appeared on the sand and the little garden became a wonderful secluded and quiet spot to sit and contemplate the water or to share a glass of wine with friends.

Succulent Garden

By Steve Krolik

Optimum Growth and the Happiness of the undivided Gardener.

These plants are easy to grow in the San Francisco climate, and the Dolphin Club deck is the ideal spot. They require plenty of sun, good drainage soil and careful watering at regular intervals. Otherwise they need very little care.

They come here from all over the globe: Canary Islands, South Africa, the Horn of Africa, Madagascar, Arabia, The Andes, Mexico, South America, plus a few from the Northern Hemisphere.

Caring for Succulents: Select terra cotta pots and place a fine screen, such as those over doors and windows, over the hole. Add broken

shards at the bottom to increase weight and help with drainage. Plus crushed granite, lava or pumice. Grind eggshells into a powder and add to planting soil. The eggshells provide calcium and other minerals and makes for an alkaline soil. Include a cup of vinegar to each gallon and water to maintain a high pH level. I recommend under watering the cacti during the dry season, while the succulents can take more water. Feed with calcium liquids such as Miracle Grow and seaweed products.

Repot every two years, cleaning the pot completely. When repotting wear tough gloves to protect from spines. A Swiss Army knife complete with tweezers can prevent painful infections. Pull the spine out quickly—and make sure it's all out. Most plants on the deck have adapted well; it's the perfect habitat—fresh air, sun in the afternoon, and a westerly wind to dry the plants before they can rot. Most of San Francisco is ideal, though too much rain can cause rot. Bring them under cover during heavy rain. No need to water in late fall and early winter.



Author Steve Krolik in his element

Many members have expressed their appreciation for the plants, and I thank you. I am happy to give cuttings away, but please don't help yourselves. In the fall, the Southern Hemisphere plants should be blooming with orange and yellow flowers.

If you have questions, call 415 346 0450 or join the San Francisco Succulent and Cactus Society, meet like-minded people and listen to speakers.

Experience the diversity of our dear life-giving planet, and best wishes for a creative garden.



Labor of love

The Round House Garden

By Andy Stone

Unloved and disrespected ground becomes a sacred space when litter is removed and flowers bloom.

In the little round house garden we chose to use only native and mostly endemic native plants, because these are the toughest and most likely to succeed, and the most useful to birds

and insects. We also thought the park service would approve of these most politically correct plants. John Hornor first suggested a garden in this spot. He said, "Let's scatter some wildflower seed". It seemed like a good idea-- simple -- and I said OK let's just do that. But John said "Not so fast" we have to submit a plan and get approval. A good deal of talking followed and luckily Mimi Osborne was there to take my ideas and plant list and fashion a plan that, with the help of Todd Bloch, was approved.

I collected plants and soil and mulch and stored them in Cecco's Garden. On the Saturday of a Beach Clean Up we broke ground. Dave McGuire worked up some serious blisters turning over ground that was almost like concrete. After two 2-hour Saturday sessions with pick and shovel the ground was ready to plant. Susanne Friedrich and Mee helped me put in all the plants and seeds --- it took about two hours.

I have been really surprised and pleased at how fun and successful

this little garden has been. Anytime I see litter, I remove it---but there has not been much and amazingly almost no broken plants. Some of the California poppies got powdery mildew -- but otherwise everything is OK.



Plant List: *Baccharis pilularis* ---Coyote Bush--- tough insect food
Salvia clevelandii ---blue flowers and fragrant leaves
Morella californica ---Pacific Wax Myrtle
Ribes sanguineum ---Red flowered Currant
Erigeron glauca ---Seaside Daisy
Fragaria chiloensis ---Beach Strawberry
Oenothera elata ---Evening Primrose ---bacon for birds
Lupinus arboreus ---Yellow Beach Lupine
Lupinus albifrons ---Silver Lupine---seed collected above Rodeo Beach
 California Poppy and *Clarkia amoena* from seed

Dolphin Community Garden

Somebody Call Guinness

Laura Merkl. Ultimate Polar Bear

107 billion human beings have lived on the planet Earth. It would take a pretty extraordinary individual to be the one person to have ever accomplished a particular feat. And it would have to be a pretty extraordinary feat. Guinness World Records should know about this. The feat that I have in mind is swimming more than 3,000 miles in San Francisco Bay during winter in nothing more than a swimsuit, swim hat, and goggles. This means walking into Bay water from December 21 until March 21 and swimming mile after mile, day after day, and year after year when the temperature is as cold as 47 degrees and almost never warmer than 53 degrees Fahrenheit. Laura Merkl is the solitary human to have done this.

Seeking a provocation to get other members to swim with him in the winter, Dolphin Bill Powning invented "The Polar Bear Challenge" in 1974. Use of wetsuits is prohibited. Since its inception, members of the Dolphin Swimming and Boating Club of San Francisco have tracked the number of miles they swim in the Bay during the coldest 90-day period of the year. Earning a "polar bear" has meant recognition with a gift of a three-quarter inch block of white marble inscribed with the number of miles swum that season. Perversely, this trinket is not distributed until the November awards dinner. The memento provides a timely reminder to participants of their previous winter accomplishment and tacitly encourages them to tackle one more frigid campaign. It also provides a permanent record of the miles Laura accumulated during 34 consecutive Polar Bear seasons.

Laura Merkl graduated college with a degree in physical education and swam at a recreational level. After a couple of years working in the phished field, she switched to a career in accounting. The downside of this move was a sedentary day at a desk job so she joined the YMCA to swim with their masters program. She met Laurie Weiner there and they began participating in open water swims at

places like Lake Berryessa. Soon, they left the pool behind and were swimming from the beach at Aquatic Park on a regular basis. When Laurie joined the Dolphin Club, Laura followed in December of 1984 very much looking forward to the opportunity to swim from Alcatraz. Although she swam through the winter, for the first couple of years of membership Laura remained unmindful of the Polar Bear mileage charts festooning the entry to the Dolphin Club. Then, in the 1986-1987 season, she decided to partake. Since she was living nearby the club and working downtown, she felt like the 40 miles required at the time for a marble block was insufficient and thought, "100 sounds good." Sure enough, slightly more than 120 miles later, Laura had earned her first Polar Bear.

Then in the winter of 1993-1994, she was again on target for more than 100 miles. When she attended the Old Timers dinner in February, Dolphins asked her about her aspirations to be the Polar Bear champion that season. She said, "I don't know what that is." Her friends excitedly told her, "Well, there's the Polar Bear and then there's the Polar Bear CHAMP! You could be the CHAMP!" Alerted to this possibility, Laura quickly learned that no woman had ever before been the Polar Bear champion. She says, "I've never felt any negative being female at the club," but the idea of being the first woman champion held substantial appeal.

She and fellow member George Kebbe were closely matched in swimming speed and had developed a friendly and competitive relationship in the club-sponsored events. As it turned out, George also had his eye on the Polar Bear championship. In order to win the Polar Bear, Laura had to swim more miles that winter than George and more winter miles than she ever had swum before. Club members avidly monitored the race in slow motion, regularly checking the mileage log in the foyer as she and George spurred each other along through the remaining weeks of the Polar Bear. Their colored



Laura's Polar Bear marble ice blocks

squares leapfrogged one another in a simulacrum of a fiercely contested Olympic event. Laura had plenty of support. Women would regularly find her almost sleeping in the sauna and bring her strong coffee. Stan Hlynsky, president of the club the year before, would leave voicemails on her office phone with words of encouragement including advice to "eat more." And eat she did. She had recently started a new job and three bagels for a morning snack were common. Her gob smacked co-workers were left marveling at where she put all this food on her lean frame. By March 21, 1994, her determination had produced 174 miles and the first woman's name to adorn the Polar Bear Champion plaque.

Larry Scroggins



Laura Merkl finishing a swim

Dolphin Club

My experience of opportunity as a member



Earl Thibodeau

I don't remember when I joined the club, but I do know it was John Tansley, a 25-year member, who influenced me to join. I had met him at Café Trieste, where we hit it off, and he took me sailing. He encouraged me to show up for the membership night.

I knew the Dolphin Club was predominantly white with an old heritage. This was not a problem for me, because I had always been around upper middle class whites; it was a knack of mine. I knew the ground rules, and I looked forward to achieving what few blacks had done. Furthermore, my love for water and adventure was second to none. Rowing in the bay seemed challenging and the possibility of swimming to Alcatraz was exciting to me, except for the temperature of the water.

Once in the club there were what might be called microaggressions, the things that happen that are small to speak of, but you knew what they meant. What do you do but accept them? It's part of the neighborhood, and it would happen anywhere and within your own culture. "Who I am" is not based on what people think of my color, race or anything other than my attitude as a person, and if there is a problem, it is their own and not my problem.

Now for the elephant in the room. Change never comes easily nor on time, although it does come, and here we are. As I am writing this I realize it is a matter I have been working on for my entire life, because I believe we have something very, very special in the club and our country. We are a very diverse country composed of many people from around the world.

But the next step has to be one for real change. And it will take understanding and awareness, which is necessary because change is here -- there is nowhere else to go. We can no longer afford to be ignorant.

Everybody joins the club for different reasons, some for family, some for swimming, some for business, some for boating. Here we are; the name should be the beginning: "Dolphin Swimming and Boating Club." In the past it was a club for social reasons, as well, and many couldn't participate regardless of their love for swimming and boating. But we are no longer in the past!

For some this is going to be really, really difficult because they have never had to change or share. For others it's something they have longed for or fought for. Either way we need to change our culture and the culture of this club to one where all are welcomed without undertones of the past.

As it stands we are not yet there, but we can reach there with all our passion, outreach and consideration by having all of our family members take a stand for equality and make swimming and boating something that unites us, and share our dream and respect for the water and for other people. This is what "America" stands for. We can't just get by with a couple of people or groups predominating in social groups any more than we can tolerate cities or states or even countries dominating the planet any longer. We need all hands on deck for change.

Thank you, Dolphin Club, for your realization and inspiration.

Earl Thibodeau



Photo Mark McKee

Early morning swimmers at bleachers "Club West"

The new world of cove swimming

When the club closed and swimming at the bleachers began, there was complaint that the absence of toilets, showers and a sauna made the venture impossibly primitive. Then the building across the street offered clean toilets and the club opened for showers. It wasn't the world we knew, but it was okay.

Some of us, however, were seduced by the bleachers. No time slots or warm showers to vie for, in fact no crowding at all. (The Sunday it showered with occasional distant lightening, I was there alone at 6:30, too early for Piper's warning.) Of course the air will get colder, probably the water too, and I may be eating my words. On the other hand, that's what the polar bear is supposed to be and always was about -- shivering and shaking while bragging and complaining.

The problem is that it's hard to find a sympathetic audience at home, standing for hours in the hot shower. But couldn't we have polar bear Zoom sessions?

Joe Illick

PRESIDENT'S REPORT - Diane Walton

As I write this, it's mid-August. Our building has been closed since mid-March, but we are working to stay safe, take care of business, and revel in our outdoor space. The bleachers in Aquatic Park and the 500 block of Jefferson Street have become, happily, second homes and in May, we began swimming again from our beach as well. We started rowing from the Club in late July and continue to row at Lake Merced. Gratitude to all the volunteers, to Swim Commissioners Kathleen Sheridan, Tim Kreutzen and Tom Neill, and to Boat Captain Jon Bielinski and Quincy Darbyshire, Rowing Commissioner, to Jim Storm at the Lake, and to John Ingle, for all. Part One of Rowing Training, parts of Intro to Bay Swimming, and Pilot Training dialogues will be Zoomed on a recurring schedule (Tides & Currents, and Facets of the Bay – good for all!) and more pilot training on the motorized boats are planned. We are in and on the water- that's who we are!

We also continue to work on internal House needs and our renovation plans, with new focus on best use of the outside of the building both this winter and in years to come. John Hornor and friends are taking care of much, inside and out, during this down time- big gratitude to them. A foundation under the weight room and galley, an updated galley and utility systems, and a deck on top of the weight room, accessed from the Staib Room deck, are the primary improvements envisioned in the renovation. The site permit application goes in in August; the building permit ask is likely in May 2021. We are still developing the budget for the project and will update everyone as soon as we have better estimates of the costs and timing.

At our most recent Board meeting, we made a commitment to foster a Club built on dignity and diversity, to be a refuge for all our members, and to assure a clearer

process of accountability. This came out of an evolution of interest and concern, which was heightened this summer by local and national events, both the tragic and the inspiring. There is great opportunity to do more at the Club and across the Aquatic Park community, within an overall ethos of inclusion and safety, and notably to do more for Bay Area

youth who otherwise would not get to participate in the things we know and love- swimming, rowing and handball. All members are invited to participate in this membership-led effort toward more inclusive structures and outcomes, whether in small or large groups, and to make their mark on the Club. The Board is grateful to all for feedback and commitment to improving the Club. I am especially thankful for previously unheard voices now in the mix, and for all who are taking the time to listen. The silver lining of the coronavirus may be this gift of time, the constraints on travel, and the need to make the most of what we have at home. To date, Board and member efforts are centering on five areas -- increasing accountability; Club visuals, using photos and other images to welcome all members, assuring positive representation while

celebrating our legacy (check out "Famous Dolphins" on the website!); taking time for reflections on what this all means to each of us as individuals and to the Club; serving additional youth (your recent donations to the Dolphin Club Youth Swim Fund came alive this summer as the SF Boys and Girls Club kids swam with us from the bleachers! Thank you; and reviewing the Club's policies and practices (a job being done many places now under the rubric of DEI- diversity, equity and inclusion). By the time you read this, it may be more formalized and there will undoubtedly be more happening. We also anticipate inclusion and anti-racism to be at the top of the list of priorities in collaborations with our partners. To get updated, to join in this work at the Club, or foment more, check in at diversityandinclusion@dolphinclub.org.



President Diane Walton is everywhere.

**Answer from page 7: Ivan Balarin*

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The Dolphin Swimming
& Boating Club
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San Francisco, CA 94109

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2020 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Wed TBD	*New Year's Day Alcatraz
Jan 1	Wed TBD	New Year's Day Cove Swim
Jan 18	Sat 8:30 am	*Pier 41
Feb 1-2	Sat/Sun	24 hour cove relay
Feb 9	Sun 8:30 am	*Gas House Cove
Feb 16	Sun TBD	Old Timer's Lunch
Mar 1	Sun 8:00 am	*Pier 39
Mar 14	Sun 7:15 am	*John Nogue Swim for Science Pier 15
Mar 15	Sun TBD	McCovey Cove Regatta
Mar 21	Sat 8:00 am	*Yacht Harbor
Mar 21	Sat 11:00 pm	End of Polar Bear
Apr 11	Sat 11:00 am	Dick Beeler Crazy Cove
Apr 25	Sat 11:00 am	*Coghlan Beach (fun swim)
May 23	Sat TBD	Rowers Festival
May 30	Sat 8:00 am	*Bay Bridge
Jun 1	Mon 5:00 am	100-Mile Swim Begins
Jun 20	Sat 9:30 am	*Pride Swim
Jun 21	Sun 9:15	Baykeeper Relay
Jun 27	Sat 5:00 pm	*Under 30 & 30-45
Jun 27	Sat 5:00 pm	*Doc Howard Over 45
Jul 18	Sat TBD	Trans Tahoe
Jul 19	Sun 9:00 am	*Crissy Field
Aug 1/2	Sat/Sun	*Santa Cruz Pier Swim
Aug 15	Sat 11:00 am	Walt Schneebeil Over 60 Cove
Aug 30	Sun 8:00 am	*Fort Point
Sep 12	Sat 9:30 am	*Alcatraz
Sep 27	Sun TBD	Swim Across America
Oct 3	Sat 10:00 am	Dolphin/South End Triathlon
Oct 10	Sun 8:30 am	*Joe Bruno Golden Gate
Oct 17	Sat	Angel Island Regatta
Oct 24	Sat 7:45 am	Escape from Alcatraz Triathlon
Oct 31	Sat 11:00 pm	100-Mile Swim Ends
Nov 14	Sat TBD	Pilot Appreciation Dinner
Nov 22	Sun 5:00 am	Grizzly Bear Challenge
Nov 26	Thur 9:00 am	Thanksgiving Day Cove
Dec 20	Sun 8:00 am	New Year's Day Qualifier & Holiday Brunch
Dec 21	Mon 5:00 am	Polar Bear Swim Begins
Dec 31	Tue 11:00 pm	Grizzly Bear Challenge Ends

ROWING TRAINING

These Saturdays at 9:00 am

January 18

February 22

March 21

April 18

May 16

June 20

July 18

August 22

September 19

October 17

November 21

December 19

Intro to bay swimming usually
offered on the Saturday or
Sunday following the monthly
Board Meetings, check website
www.dolphinclub.org

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members, who are current on their dues and fees and in good standing.
 2. Swimmers must have current USMS membership, or USA Swimming membership, as appropriate and abide by each organization's rules and requirements.
 3. Swimmers are required to wear orange caps on all scheduled swims.
 4. Swimmers cannot use swim aids including fins and wet suits, on any timed scheduled swims.
 5. New members are not eligible to swim in scheduled out-of-cove swims for either 6-months from the start of their membership, or before successfully completing the 100-mile swim, the Polar Bear swim, or the Accelerated Out-of-Cove process.
 6. All out-of-cove swims require a pilot:swimmer ratio of 1:3.
 7. Time limits may be imposed at the discretion of the Swim Commissioner(s).
 8. All Club boats are reserved for scheduled swims. Co-pilots are encouraged. Riders are prohibited.
 9. Swimmers must register during check-in and attend the swim briefing in order to swim.
 10. To swim Golden Gate or Alcatraz, members must successfully complete at least three qualifying swims and help on at least three swims.
 11. Out-of-town members must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 10 above.
- (Nothing in the above rules shall contravene any applicable Federal laws and statutes.)

Alcatraz Island
1.4 miles



Fort Point
3.5 miles

Crissy Field
2.5 miles

Yacht Harbor
1.5 miles

Gashouse Cove
1 mile

Aquatic Park Cove

Pier 41 1/2
1.2 miles

Pier 43
1 mile

FALL 2020

DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



Dolphin Log

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Editorial Policy

Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.

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President: Ward Bushee

Vice President Ken Coren

Membership Director Karen Heisler

Treasurer: Nanda Palmieri

Recording Secretary: Diane Walton

House Captain: Lee Hammack

Boat Captain: James Dilworth

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Hornor, Catherine Breed, Aniko

Kurczinak, Randy Edwards,

Danny DeLeon, Andrew Cassidy

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Swim Commissioners:Tom Neil, Tim Kreutzen,

Kathleen Sheridan

Check-in: Eric Shupert

Clean-up: Neal Powers

Clothes Wrangling: Rebecca Wolski

Galley Captain: Nanda Palmieri

Intro to Bay Swimming: Lolly Lewis, Rose

Levien

Swim Trinkets: Margaret Keenan

Timing: Polly Rose

Rowing

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Lake Merced Captain: Jim Storm

Power Boat Commissioner: Larry Heine

Kayak Training: Terry Horn, Brian Kiernan

Pilot Training: Jon Bielinski

Shell Training: OPEN

Wooden Training: Eric Lam

Grizzly Challenge: Fiona Smythe

Motorized Skills and Safety Training: Larry

Heine, Holland Ja, Mark Gustin

Other Athletics

Once 'Round the Cove

The staff of the *Dolphin Log* would like to thank those board members—especially Diane Walton and John Hornor—who kept the club open and thriving through our most difficult year since 1906.

Swim Boundaries

The permissible swim boundaries are expanded for swimmers who have been members for more than six months beyond “in cove” to areas outside of and alongside the Muni Pier extending west to alongside the northern terminus of the last Ft. Mason pier but not into Gas House Cove, and to the east alongside each side of the Fisherman’s Wharf Breakwater that extends to the north of Pier 45, to and around its eastern terminus known as the Creakers. In no event shall a swimmer approach or come within the vicinity of any shipping channel.



Expanded swim boundaries

Log Correction

There was an error in the In Memoriam article for my uncle Benjamin Joseph. The bequests that were made totaled \$45,000: \$20,000 to the Club for the Old Timers Lunch and \$25,000 to the Foundation for the kitchen remodel.
Gil Zeimer

Dolphin Engagement

25 September 2020. This morning I managed to surprise my fellow Dolphin girlfriend Kate Donovan during the 6-8 swim slot and wanted to share a pic of the happy moment (Nice to share good news, right?!). While we only joined last April (complete newbies!), the Dolphin Club already holds a special place in our hearts. The community in this lovely club, and the sauna!, would be the envy of our swimming spots back home in Ireland.. Cheers!
Mitch Ward



Dolphins Kate Donovan and Mitch Ward celebrate their engagement.

DC/SERC TRI Captain: Open

EFAT: Gina Rus

Handball Captain: Paul Brady

Running Commissioner: Anna Olsen

Weight Room Captain: Robert Selsted

Lockers

Women’s Captain: Jane Mermelstein

Men’s Captain: David Zovickian

Club House

Gardens: Susanne Fredrick, Andy Stone

Deck Landscape: Steve Krolik

Green Team: OPEN

Pier & Deck Hands: Stephen Crawford

Social

Entertainment Commish: Robin Rome

Book Club: Kate Matthay, Anne Sasaki

Club Mixer: Todd Bloch, Nanda Palmieri

DC Forum: Joe Illick

Event Requests: Janice Wood

Ukulele Club: Carolyn Hui

Communications

Comm Committee: Andrea Morgan

Facebook: James Dilworth

Group.io: James Dilworth

Instagram: Graham Tibbets

Twitter: Nancy Friedman

Website Manager: Alana Harrington

Lost & Found

Club & Women’s Locker Room: Piper

Murakami

Men’s Locker Room: Hal Offen

Other

Dolphin Foundation: Chris Wagner

DC Youth Swim Fund: Diane Walton

Fundraising Committee: OPEN

Government: Ken Coren, Meg Reilly

Renovation Committee: Jay Adams, Peter van der Sterre

Save Aquatic Park Pier: Diane Walton

Swag: Andrea Morgan

Volunteer Coordinator: Natazha Bernie

In Memoriam

Gail Grynbaum 1947-2020



Gaily Grynbaum with her husband John Theede in Alaska

To those who knew her, Gail Grynbaum was a good friend, an esteemed colleague, a loving wife and a “bright light” in their lives. Gail’s impact on those she was closest to was apparent during an online memorial service conducted earlier this month following her death in San Francisco on Oct. 6, 2020. She was 72 and had battled ovarian cancer for two years.

More than 100 people listened to tributes, music and poetry by T.S. Eliot that captured Gail’s kind and passionate spirit.

She was born in New York City to Bruce and Alice Grynbaum during the post World War II era. The people, music and languages of New York were “etched upon her soul,” she said and inspired her to take part in movements to make the world a better place.

Along with other Americans, Gail harvested sugar cane with the Venceremos Brigade in Fidel Castro’s Cuba at a time of great tension between the island nation and the United States.

In later years, she took part in anti-Vietnam War demonstrations, was a tireless advocate for the women’s movement and the North American Congress on Latin America.

Inspired by her father’s career as a physician, Gail relocated to San Francisco in the 1970’s.

She graduated from the U.C.S.F. nursing school and later received a Master’s in Public Health from U.C. Berkeley.

She worked with the city of San Francisco in occupational health, serving city workers and the San Francisco Fire Department. But her passion for psychology drove Gail to also seek a doctoral degree from the California Institute for Integral Studies.

After being certified by San Francisco’s Carl Jung Institute, Gail worked as a Jungian analyst in private practice for over 30 years.

Gail met her husband John Theede at an Alcoholics Anonymous dance in 1979. They fell in love at first sight, were married and lived on Francisco Street on Russian Hill, along with their beloved cats. Like John, Gail loved swimming in the chilly waters of San Francisco Bay as a member of the Dolphin Club, was proud of completing the Golden Gate Bridge swim, which she said was a very thrilling experience. She was proud when John was elected president of the club. Both of them formed great friendships with fellow swimmers. John and Gail travelled throughout the world and had memorable experiences in Spain, Italy, France, Portugal, Switzerland, Ireland, England, Morocco, Cuba, Mexico, Costa Rica, Peru, Vietnam, Cambodia, Laos, India, China, Indonesia and Santa Fe, New Mexico. Gail was grateful that she found John when they both were at a turning point in their lives and cherished their growth as a couple.

Gail’s friendships brought her great joy. She had recently written that “everything I have done has been based on the people and the issues that I care about, whether friends, family, community or my patients.” We will all deeply miss Gail. May she be at peace.

??Author

Gail was such a calming positive force in the club and I always felt comforted to see her. My condolences John. I will miss Gail. *Eileen David*

I am deeply sorry to hear of losing our lovely Gail, her smile and voice I will remember always, I saw her in different and happy occasion she always recognized me, always had something nice to say, she left me a gift on top of my locker for helping me with my wrist pain. Gail loved life. *Era Osibe*

I am so sorry to hear of Gail’s passing. I hope you are OK, John, and swimming, which seems to help almost everything. Running into Gail always made me feel better. *Sidney Hollister*

So very sorry that Gail is gone in her physical presence. I will remember her warmth, honesty, integrity and curiosity. *Wendy Katzman*

I’ll join the chorus of those expressing sadness at the tragic loss of Gail. *Joni Beemsterboer*

Mary Magocsy 1958-2020



photo by Bill Bur

Elizabeth Kantor: From Mary’s dear friend and angel in Cleveland this am: The time is here. Our amazing friend is free. She got to be Mary until the very end and just went to sleep.

Mary was a key member of the rowing community when I joined. Her generosity of spirit, generosity of knowledge and pure enthusiasm for rowing was contagious. The time, effort, education, and warmth she gave me, and other new rowers, was and is inspiring. It's hard to imagine never seeing her on the deck with the boats laid out, ready to depart. So I'm going to choose to always remember her on every swim when I see all the boats lined up and returned. May her memory be a blessing.

Lewis Haidt

Mary was so kind, cheerful and helpful to everyone she came in contact with. She was so welcoming to me when I first joined and we chatted every time we crossed paths. A couple of years ago I asked Mary if she would check my form on the erg. She smiled and said "sure let's pull two out on the dock and practice" I am sure she was on her way somewhere but that is the type of kindness she would spread wherever she was. I will miss her presence and always remember how she never hesitated to lend a hand no matter what was needed. God bless you Mary.

Johanna Pitocchelli

As someone who came to the Dolphin Club with no prior rowing experience, I am always blown away by the generosity of the people who taught and encouraged me. What a gift! Mary was one of those people who was so generous and encouraging when I was a new rower. She pushed John and me to get certified on the Vikings and took us out for rows several times before signing us off. She loved being on the water and sharing that passion.

Nanda Palmieri

Mary ran rowing training when I joined the club. My first experience of her strength was when Janice McCall and I were rowing a double during rowing training and started getting sucked out towards Bay Bridge at the creakers because we couldn't maneuver the boat against the flood. We panicked and yelled out to Mary to help us out. She zoomed over in her single, took our towline and dragged our double back to the dock while Janice and I twiddled our thumbs wondering how we could get as strong as Mary. Over the years, she

would join my Sunday pod for swim and brunch at Pat's Cafe and always amazed us with the amount of food she could guzzle down at Pat's. Loretta from my swim pod especially loved her bear hugs.

Madhuri Yechuri

I also had my most recent round of rowing training with Mary. She did it by the book, with a heart of gold. It occurs to me her spirit has been, and remains with us, as the Club has thrived thru this COVID time by being run by the book, with a heart of gold. Fair winds and following seas, Mary!

Ian McCuaig

Such a sad loss! I believe it was Mary who had me envision the rowing motion as moving the oar handles in the shape of a paper clip. Works like a charm! She also gave me the tip of how to line yourself up when returning from the GGB - keep the Coast Guard station at your stern. I had a beautiful row this morning and dedicated it to Mary. She would have approved, and probably would have added a "suggestion" or two on how to improve my technique.....

Arnie Thompson

I spent three days rowing from the DC to Sacramento with Mary. You learn to love a person a lot (or else!) spending so much time in a very small boat. The love learning curve was easy with Mary.

Lance Starin

This makes me so sad to hear. Mary was such a sweetheart... she did so many training swims as our pilot when the Brown Phatz relay was training for the English Channel. She had the amazing capacity to ask others questions selflessly just to give them space to talk about something that excited them... and then listened patiently. I am going to miss her calming and proficient presence.

Briana McCarthy

Mary was such a dedicated contributor to our training program, and a great partner on rows to Sacramento, China Beach, and other big rows. So many of my best memories at the club include Mary. As others have mentioned she was a wonderfully sensitive teacher on the water; very quick to spot a new rower having trouble and knowing what to say to help out. Though we met at the club we had a chance to

become good friends outside the club too, and she became good friend to our family. She faced her illness with courage and humor, very typical of Mary. I'm proud of her... she left us on All Saints Day, good timing, eh? Once the pandemic passes and we are able to get together at the DC we will hold a gathering in Mary's honor, she specified how she wanted it to go, even what beer to serve, and we will honor her wishes. In the meantime sip a pint in her memory.

Jay Dean

I had a small crush on Mary, (life member type crush). She always indulged me with one of her big hugs. Sure do miss her.

John Davis

So sad to hear of Mary's passing on All Saints Day. She was easy to have a crush on: so solid, caring, funny, wise. Me, a swimmer only -really- who had to have Ruben pull me and Elaine Buckholz from wayyy under the South End pier during our rowing training when the wind got the better of us. Elaine improved, but me? Soon after that escapade, Mary invited me to row out to Alcatraz with her, "Piece of cake, let's go!" she said breezily. With vast patience, ceaseless encouragement, generous technical advice, and a laugh at the ready, she was a real hero because it was 99% her capable muscles that got us there, around, and back. We always laughed about that experience through the years, me telling the story and her eyes twinkling in agreement, as if to say, "Yes, Anne, I tried. And you really are just a swimmer out there." I loved talking with her and will miss her brave, generous presence. Our Dolphin love flows to Mary on the waves and yes, let's raise a pint. Rise in Power and Row in Peace MM.

Anne Hamersky

While celebrating my 50th birthday at the Club, Mary asked me whether I'd come out front and pull a cable car against the South End team. I had to borrow a pair of ill-fitting sneakers. I would do just about anything for one of Mary's smiles.

Susan Saylor

She was a wonderful person and inspired us with her regular presence in the gym. She had a hilariously dry sense of humor.

Sibylle Scholz



TO MAKE A PLEDGE

Please complete and submit this form by mail or drop-off to:

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Dolphin Club
502 Jefferson St.
San Francisco, CA 94109

THANK YOU

Thanks to donors like you, we will upgrade vulnerable parts of our facility and renovate our building, ensuring that it is still viable for many years to come. Thank you for helping us improve our club.

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dolphinfoundationsf.org

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PLEDGE TO PAY AS FOLLOWS:

☐ Check enclosed in the amount of: \$ _____

☐ Single payment on date: _____

☐ Multiple payments:

Monthly, Quarterly, Annually (circle)

of payments: _____

☐ I wish to make this gift anonymously.

By this pledge, I make a legally binding commitment to give the amounts specified, allowing the Dolphin Swimming and Boating Foundation to act in reliance upon it and to proceed with the Dolphin Club Building Renovation Project.

Donor Signature

Date

Swimming in Place

Life is a beach at the bleachers, aka Dolphin Club West

Sibylle Scholz



Spreads awaiting swimmers each morning outside the Club.

When San Francisco Mayor London Breed ordered shelter in place on March 17, 2020, to prevent the SARS-Covid 19 virus from spreading, the Dolphin Club shut down completely and only partially opened to swimmers from the dock on June 5. Very quickly some Dolphins decided to swim from the bleachers in Aquatic Park, calling it Club West. By summertime we had gotten used to no shower and sauna: the water was unusually warm with hot summer nights inviting socializing into the evenings.

It didn't take long to realize some of the advantages of swimming from the bleachers. The cement steps, while hard on the tush, radiated pleasant heat in the evenings after baking in the sun all day. We also noticed that the bleacher section closest to the Maritime Museum was wind-protected with a warmer microclimate. Little by little, conversations started among the gang of Dolphins, Southenders and other regulars including pool swimmers. Many of them started to shed their wetsuits after seeing us sans. Everybody had their own style of changing: some used ponchos, others towels and some were so quick it was hard to notice how the change happened. Everybody

developed their own trick to wash sand off their feet. A popular method was to fill your swim cap with water and then use that on the lower steps of the bleachers. Some took a while to realize that washing off your feet higher up caused flooding to the people below. So just when you were dry, your butt got wet again. Suntan lotions and creams were shared. And flirting was somehow quite acceptable.

After the initial shock, and the realization that the Club would be closed for weeks, if not months, the 100 mile summer swim started as usual with people logging their miles

online. A schedule for watching over our belongings was organized, captained by Brian Kiernan sitting on the top row with Rich Cooper, Dave Maloney and Bradford Adams providing back-up. The bleachers provided a sense of normalcy and

photo by Duke Dahlin



Brian Kiernan, Master of the Bleachers at his daily post.

companionship during a time when many of us were otherwise isolated. A deeper appreciation for each other and the community we have as a Club developed, and new friendships and swim buddies emerged, a mix of Dolphins, Southenders and non-Club members. We felt good, "This is better than the Club," we laughed, as we shared home-baked goods, and celebrated birthdays and non-birthdays, all with a little bit of guilt



One of very few organized swims last summer in solidarity with the times.

about how lucky we were during these difficult times.

Some things only happened because the Club was closed. When protests against police brutality gripped the country for weeks in June, some, including star swimmer Catherine Breed, wanted to organize a Black Lives Matter swim in solidarity with victims of systemic discrimination. This led to a variety of responses from our club membership. Because the swim-in happened from the bleachers, no board approval was necessary, and the event was a huge success, with club members and others participating. Many Dolphins were touched deeply and some said they cried during that swim, because it felt so right. While the Club started more formal proceedings to address diversity and how we project ourselves to the public, at the bleachers, we recognize that progress is very personal but that many are willing to reflect and be open about our own racism and how best to work on it. Perhaps because of the large space that allowed a person to walk away easily when one started to feel uncomfortable or disagreeable, the bleachers turned out to be a safe spot to open up and reveal very personal views and experiences. As the American philosopher Susan Neiman points out, history can be used to improve the future, and history can be used for comfort. The bleachers allowed for both of those views to co-exist.

There is hardly a better view of the Cove than from the upper levels of the bleachers. You see every stroke and every pursuing seal; many swimmers had contacts with the wildlife. New swimmers who may not swim in pools right now asked for the "protocol" along the buoy line, to which someone suggested to always swim to the right of the buoys. We just laughed. On certain days you see groups hitting the water and racing out the opening, coming back to the bleachers glassy eyed. Another great swim. After initial attempts to anchor their net by the flag were unsuccessful, the water polo guys finally found a good spot on the Club pier. One of the favorite pastimes is watching the children play on the beach and getting their feet wet. Sitting on the bleachers gives you the feeling that the Cove is all-inclusive.

It was a great summer at the bleachers, but of course I missed the Club. It was not only because of the hot shower, which can now be had outdoors thanks to John Horner, but the sauna as well. I miss my locker. It gave me such a sense of belonging. It took years to cultivate the mess in there. I now transferred that mess into my little white suitcase that I carry to the bleachers. I miss my locker neighbors, those who don't come to the bleachers. I miss Robin Rome's parties and Joe Omran's Dark and Stormy cocktail. I miss Happy Hours at the Club, even though we have Happy Hour at the bleachers. It's not the same without Nanda and John. I miss boat night, which is a highlight of the week for many, and the delicious meal that follows. When will we taste Sue Garfield's cornbread again, or Andy Stone's hot oatmeal? Where are the donuts, the bagels, the schmear that taste so much better at the Club.

Yet, the bleachers has been, and most likely will be for a few months, an exciting and rewarding social experience, and a place to be more appreciative of what we have here in San Francisco and at the Dolphin Club. I hope you check it out, if you are not a regular already.

Short Umbilical chord

For those habitual cove users who must start swimming from the Club but don't want the fuss of signing up for every swim, a plunge from the adjacent beach is the ticket. While it lacks the communalism of the bleachers, it does feature (cold water) small footbaths and overhead

showers on the sidewalk. Stashing your clothes between the log wall and boathouse is safe enough, and changing on the Club steps (a little showy) or in your car is fine. Read the tide by starting straight for the Jacuzzi and if you hit the Roundhouse you'll know it's ebbing.

Joe Illick

Three days a week, Monday, Wednesday and Friday, half a dozen or more of us masked Dolphins gather a stone's throw from the front door of the club at about 8 o'clock or so. All are welcome.

Lee Hammack serves as honorary chair, providing a card table that is a relic from a previous century. Others bring snacks, including but not limited to steak (if Barbara Keller is there), crackers and cheese (Joe Gannon), fruit and brownies (Suma Snehalatha), peanuts and cookies (Heidi Howell, who along with Julie Haas performs a morning clean-up detail using grabber tools to pick up trash around the club), a donut drop (Dave Zovickian), scones (Michaelynn Meyers) and pastries (from Susan Sward's husband Doug Cuthbertson and Terry Keenan's talented, baker-in-the-making daughter Orlaith). Terry provides coffee. This fare is all consumed soon after the five minutes to a half hour it takes to finish our respective swims.

Lately we have taken to fantasizing about being able to push a button and have a fully equipped kitchen and bar appear magically out of the club's wall facing the sidewalk. We are hoping club president Diane Walton, sometimes an attendee, will endorse this kitchen-bar plan. Shortly



photo by Libby Horn

Foster City here I come!



photo by Mark McKee

The view from China Beach.

in your capabilities, as well as the need to swim with a partner. That said, swimming here has given me a significant boost in confidence in my open water swimming skills and an enhanced respect, and admiration, for the ocean. A popular swimming hole for generations, there's a die-hard group of regulars present every day. Since day one, this diverse group of regulars has been welcoming and inclusive, sharing their love of China Beach and inviting us into their community. Several have become good friends and are considering membership as the club reopens. Should you decide to venture to China Beach, search out the diehards, as they'll be happy to help ensure you have a safe experience.

Steve Carlson

after 9am or thereabouts we pack up and are gone. Please stop by this delightful tonic in the Time of Covid.

Susan Sward

China Beach

As typical creatures of habit, the pandemic has forced us to adapt to new swimming regimens. While I long for the days of the sauna – especially as the polar bear nears – I've been fortunate to be a member of a group of Dolphins that call China Beach our temporary "home". My experience at China Beach has expanded both my swimming skills, as well as my circle of swimming friends.

Going west, beyond the GG Bridge, provides an entirely different swimming experience. Facilities are minimal, with no showers or toilets. Parking is up the hill, so a walk down a steep flight of stairs is required. Leave

your valuables at home, as theft is a concern, like the rest of SF. The water conditions are ever-changing, forcing one to be acutely aware of wave and current patterns; especially as there are few "escape routes" once you're beyond the beach area. As every swim would be defined as "out of cove", swimming here requires a high degree of confidence

Swimming in Marin

As we live in Fairfax, we have been swimming in Marin for the last couple of years to provide a little variety to San Francisco. Since the pandemic, the Marin swimming opportunities are more convenient and the proximity for warmth back



photo by Charlie Cross

San Quentin Beach

home is quicker. Given the shallow depths of Richardson Bay, swimming in Marin is warmer in summer and colder in winter, so you need to know the temperature and your time limits. We carry a couple of gallons of hot water to shower after our swims.

A couple of my favorite spots:

1. San Quentin Village, located on the east side of the prison at the last exit before the bridge. A great little sandy beach without a strong current greets you. We typically swim with weaker tides heading straight out for 50-100 yards and turn west toward the prison, occasionally going out to the channel markers which makes for a swim of 1.25-1.5 miles. The current always helps on the return, whether it be flooding or ebbing. You may encounter eel grass for the first twenty yards at lower tides and don't go too close to the prison—the guards get a little anxious.

2. China Camp State Park—East San Rafael. This historic Chinese fishing village is a hidden gem and little has changed for the last 150 years. It is a great spot to picnic as well as swim. The Grace Quan was built here as a replica of the shrimping boats used years ago. It is important to not swim with tide levels lower than three feet as you will have to deal with thick mud. The tidal currents are very strong and I recommend you start swimming into the current and riding it home, unless you can time it right to catch the tail end of the flood and head north past Rat Island and then catch the slack or ebb on the way home. Experiment carefully with the currents as you could get into trouble. Have fun.

Charlie Cross

The ever-resourceful Carlo Cannell installed an outside shower and stairs at his waterfront Sausalito office and called it Dolphin Club North, even allowing swimmers to keep their stuff in his office.

Mid-Peninsular

During the height of the COVID shutdown our local pool at College of San Mateo closed its doors. Now, fish out of water, we searched for an alternative. We had never seen swimmers in the lagoon in Foster City but had heard swimming was

photo by Norman Hantzsche



Racing from Keller Beach in the East Bay

permissible. The average depth is six feet, but the color of the water is an offsetting deep blue. Needless to say it's warm—69-70 in summer. (Even I don't shiver after being in for an hour and a half and that's without a wetsuit.) It's 60 in winter. Folks are buying wetsuits for fall & winter swimming. Some of us swim most every day with our big swim being Saturday at nine where we have upwards of 18 people meeting at Gull Park. We have all speeds and swim a variety of distances. Everyone is welcome. Hope to see you there.

Terry and Libby Horn

East Bay

Thanks to the largesse of the San Francisco Bay, the choice of swimming holes on its eastern shore seems almost infinite. All its beaches from Alameda to Richmond and in-between offer some kind of route to open water. But that doesn't mean they're open, negotiable, safe or desirable.

Take, for example, Encinal Beach in Alameda, which serves as both a boat ramp and swim hole. My friend, George recently returned there to swim, only to find the beach closed and covered with enormous backhoes and other machinery for a major dune restoration project. That left the popular two-mile long-Crown Beach, also in Alameda, but with a very different, more typical beach crowd atmosphere: families, dogs, parasails, and also swimmers. I once swam an Alameda Masters Brooklyn Basin swim but Google heralded it as a fishing spot.

The unrivaled main site for open-water swimming on the east side of the bay is Keller Beach, part of Miller/Knox Regional shoreline. Google describes it as a small sandy beach on the Richmond waterfront. Crown Beach in Alameda and Keller are the only two beaches monitored by East Bay Regional Park for water quality.

Since the pandemic new rules have appeared on signs: no fires—not even in the popular barbeque pits. No smoking on the upper tier that overlooks the beach. There are no more outside cold shower to rinse off sand and salt; and less tidying up. Few non-swimmers frequent Keller just to loll on the beach or socialize around the upper tier area and barbeque. But nothing—not even the lack of a locked bathroom or regular maintenance-- has impacted the growing masses desperate to swim off Keller Beach.

A recent tally of swimmers who have joined the online Google East Bay Open Water Group found that membership had reached a whopping 700, some even trickling across the Richmond Bridge. Norm Hantzsche, an environmental water engineer who writes about the water quality standards for the State Water board recalled, "It started being organized in 2008."

Many newbies committed to acclimating, invested in full wetsuits, rationalizing the cost because, after all, Keller swims are free, joining the list is free, parking is free. There's no set swim route and some are *(continued on bottom page 15)*

Polar Bear Challenge

Vincent Huang

The annual Polar Bear Swim/Challenge has historically been steeped in both lore and intrigue. Over the three winter months, December 21 to March 21, and particularly the last week of the Polar Bear, one would have to turn a blind eye to not notice the number of members consumed by a compulsion to finish. Days off, illness, business trips and winter vacations often led to a mental frenzy of math recalculations ensuring completion by March 21. I always thought the PB could provide a great case study on OCD for anyone studying behavioral psychology. The PB, after all, became all about.... the squares.

When I joined the club in 1978, it was to become a lifetime and lifestyle commitment, and to that end, a personal challenge to participate in every annual Golden Gate, Alcatraz and Polar Bear Swim. Unfortunately, within a few years, due to weather conditions and unforeseen events, the streak of consecutive completions abruptly ceased, with only the PB streak remaining unscathed.

In 1979, I became one half of the swim commission for the next six years. In those early years, given my work with the American Red Cross, I was able to obtain what became for years our official ledger for recording our PB miles: the Red Cross's 50 mile swim chart. That was also the time when "squares" became the currency when discussing how much you swam.

Mind you, the winters "back in the day" were much colder than the winters we're experiencing now. Water would regularly dip well below 50 degrees; a particular distinction infamously tagged as the "Mendoza Line" by the late Commodore, Lou Marcelli. Whenever the air was cold enough on dark early mornings and you found frost on your car windshield, you knew it often meant that the footbath would probably have a solid layer of ice on top. Whoever had the misfortune of breaking ice first, in the early morning before sunrise, would surely experience a vice-like throbbing pain that could make you forget how cold your swim was.

Sometime during the 90s, another PB theme was introduced, though the name hasn't really stuck as much as the concept has remained, as the

culminating threshold of cold: the "Huang Index." Add the daily ambient air temperature to the water temperature for the total. Under 100 degrees is cold. For reference, the lowest I recorded was 87 degrees without factoring wind chill. On the other extreme, for comparison, while once visiting Hawai'i, I got the combined temperatures at 157 degrees.

For about 12 years now, the early (around 6am) swimmers wager on who can guess the lowest water temp and the lowest combined water/air temperature (to a tenth of a degree) for the winter.

Historically, when the PB started in 1974, as I gather from unverified stories and sources, you had to swim 17 miles to earn a furry toy polar bear that was mounted onto a 2" cubed white marble block that represented an ice chunk. Traditionally awarded to all first-time or "virgin" swimmers, subsequent PB completions got you another larger block to build your iceberg PB trophy. Between 1974 and 1978, PB miles grew to 21, then to 24 miles. During my tenure as swim commissioner, and being much younger, I felt that the PB could be a bit more of a challenge, so we raised the mileage, first from 24 to 30 miles in 1980, then to 40 in 1984 where it has remained since. The latter changes, needless to say, led to plenty of club drama, being quite controversial with many members who were ready to hang us.

Unbeknownst to any but to my fellow swim commissioner, Tom Hofmann, it was my intention before I left the commission to have the PB

completion miles be bumped to 50 miles -- simply because that was what the Red Cross chart had room for, therefore leaving what seemed like ten miles of unfinished business on March 21st, a waste of paper. And 50 was a good solid round number. The idea, however, was nixed for fear of unknown repercussions. It was around that time that the PB swim became the PB challenge.

At the time when the PB was bumped to 40 miles, many old timers were upset, complaining it was elitist and discriminatory, which I can relate to now. As a direct result of the 40-mile change, there was created the Old Goat PB option, where you only have to swim 20 miles and be at least 60 years young.

Around the turn of the 21st century there was created another gift to dotage, the Life Begins at 40 award, given to the swimmer whose years of age over 40 multiplied by her/his number of miles over 40 is greatest.

Fast forward to present years, and you have members now completing the PB in three days and some swimming hundreds of miles throughout the winter. Despite the trending of warmer winters, I feel this coming winter, sans sauna, will be the most challenging.

In 2018, the PB was unofficially/officially changed to the Tom Hofmann Annual Polar Bear Swim in honor of Tom's years of selfless dedication to the Dolphin Club.

My PB iceberg...43 consecutive years and counting



The famous Inuit carvings of dancing bears may actually be swimming.

So, the question came to me back around 2012 in the shower at the Dolphin Club (ahh, the memories). Who has swam the most Polar Bear miles all-time? Would it be Vince Huang, who was approaching 40 consecutive Polar Bears, or Joe Illick who was approaching just 20, but was at the top of the miles chart every year? Like most questions that begin with two options, the answer was neither, but my love for the Polar Bear

and numbers got me to actually find out.

Let's just step back and appreciate Vince and his partner-in-crime the late Tom Hofmann, who as of 2017 had completed 38 and 27 consecutive Polar Bears, respectively. Can you think of something hard that you have done for 38 years consecutively? I didn't think so.

Using swim commission records, Dolphin Logs, and reaching out to

members, I compiled some awesome statistics on the Polar Bear. Though not perfect, the statistics are updated through the 2020 Polar Bear. While any day or year in the Polar Bear can be epic, the quantitative history demonstrates the enormity of the Dolphin Club Polar Bear and our dedication to it.

Ted Tilles

Top three swimmers, 1975-2020

1975	1985	1986	1987	1988	1989
Modesto Lanzone	82 Elmer Tosta	101 George Kebbe	200 Stan Hlynsky	230 Stan Hlynsky	170
Dick Beeler	69 Bill Horgos	91 Laura Merkl	104 George Kebbe	190 Mike Roller	155
Bud Jenkins	64 Pete Neubauer	88	Laura Merkl	121 Pavla Podolska	122
Club Miles	733 Club Miles	2,490 Club Miles	incom. Club Miles	3,269 Club Miles	3,631 incom.
Polar Bears	21 Polar Bears	49 Polar Bears	Polar Bears	61 Polar Bears	64
1990	1991	1992	1993	1994	
Mike Roller	217 Patrick Freilinger	122 Rich Livingston	128 Patrick Freilinger	232 Laura Merkl	174
George Kebbe	91 Laura Merkl	101 Laura Merkl	117 Laura Burtch	152 George Kebbe	159
Laura Merkl	90 Ed Urban	71 Kate Cronin	100 Garage Kebbe	114 Laura Burtch	109
Club Miles	2,916 Club Miles	3,156 Club Miles	4,023 Club Miles	3,567 Club Miles	3,667
Polar Bears	59 Polar Bears	66 Polar Bears	83 Polar Bears	70 Polar Bears	75
1995	1996	1997	1998	1999	2000
George Kebbe	255 Becky Fenson	132 George Kebbe	125 Heather Royer	173 Larry Scroggins	140
Laura Merkl	101 Peter Drino	106 Rachel Elgin	100 Peter Drino	107 Heather Royer	134
Vince Huang	88 George Kebbe	104 Peter Urrea	79 Peter Urrea	102 Peter Drino	91
Club Miles	Club Miles	4,004 Club Miles	3,210 Club Miles	3,521 Club Miles	3,432 incom.
Polar Bears	Polar Bears	80 Polar Bears	68 Polar Bears	72 Polar Bears	65
2001	2002	2003	2004	2005	
Joe Illick	142 Ralph Wenzel	180 Suzie Dods	256 George Kebbe	356 Joe Illick	169
Laura Merkl	107 Joe Illick	115 Joe Illick	204 Joe Illick	186 Laura Merkl	121
Duke Dahlin	100 Suzie Dods	105 Phil Scarborough	168 Ralph Wenzel	133 Tom Keller	120
Club Miles	3,389 Club Miles	3,687 Club Miles	5,027 Club Miles	4,905 Club Miles	5,199
Polar Bears	70 Polar Bears	72 Polar Bears	87 Polar Bears	88 Polar Bears	103
2006	2007	2008	2009	2010	
Joe Illick	152 Ralph Wenzel	356 Nigel Killeen	208 Joe Illick	145 Joe Illick	147
Rick Avery	152 Joe Illick	130 Joe Illick	141 Sean McFadden	120 Lolly Lewis	120
Jon Ennis	129 Sean McFadden	111 Sean McFadden	100 Lolly Lewis	103 Joseph Omran	109
Club Miles	5,166 Club Miles	4,630 Club Miles	3,313 Club Miles	4,291 Club Miles	5,258
Polar Bears	98 Polar Bears	89 Polar Bears	66 Polar Bears	89 Polar Bears	112
2011	2012	2013	2014	2015	
Ross Browne	154 John Nogue	165 Pete Perez	356 Joe Illick	140 Byron Harbour	181
Joe Illick	117 John Nogue	136 Joe Illick	125 Charlie Cross	112 Mauricio Priet	142
Joseph Omran	93 Ross Browne	122 Duke Dahlin	105 Byron Harbour	101 Alex Migoushov	123
Club Miles	5,562 Club Miles	6,192 Club Miles	7,182 Club Miles	7,273 Club Miles	9,395
Polar Bears	120 Polar Bears	132 Polar Bears	148 Polar Bears	156 Polar Bears	196
2016	2017	2018	2019	2020	
Duke Dahlin	400 Byron Harbour	303 Tom Neill	141 Randall Edward	140 Randall Edward	146
Byron Harbour	161 Tom Neill	138 Randall Edwards	140 Tom Neill	130 Cesar Manzano	120
Jim Ebert	145.5 Luca Pozzi	120 Yossi Ettinger	101 Hal Offen	125 Sal Balisteri	104
Club Miles	8,837 Club Miles	6,827 Club Miles	6,573 Club Miles	7,826 Club Miles	8,598
Polar Bears	174 Polar Bears	147 Polar Bears	152 Polar Bears	171 Polar Bears	197

Tom Hofmann Annual Polar Bear Swim - Trivia Charts

Most Polar Bears Completed

Name	# of Polar Bears
Vincent Huang	42
Jerry Cullen	38
Tom Hofmann	38
Mimi Osborne	37
Sue Garfield	35
Laura Merkl	35
Lee Hammack	33
Peter Neubauer	31
Jon Nakamura	31
Neal Powers	29
Larry Scroggins	29
Krist Jake	28
John Dugan	27
Pavla Podolska	25
Laura Burtch Zovickian	25
Joe Illick	24
Mickey Lavelle	24
Sunny McKee	23
Bill Powning	23
Thomas McGraw	23
Phillip Rollins	23
Carter Seddon	23
Mark McKee	22
Rebecca Tilley	21
John Theede	21
Rey Hassan	21
John Ottersberg	20
Dave Zovickian	20
Dan Osborne	20
Ted Tilles	20
Liz Ann Schiff	20
Mary Cantini	19
Vic Pizarro	19
Hal Offen	19
Suzie Dods	19
Jim Frew	18
John Mervin	18
Andy Stone	17
John Selmer	17
John Hornor	17

Most Total Miles

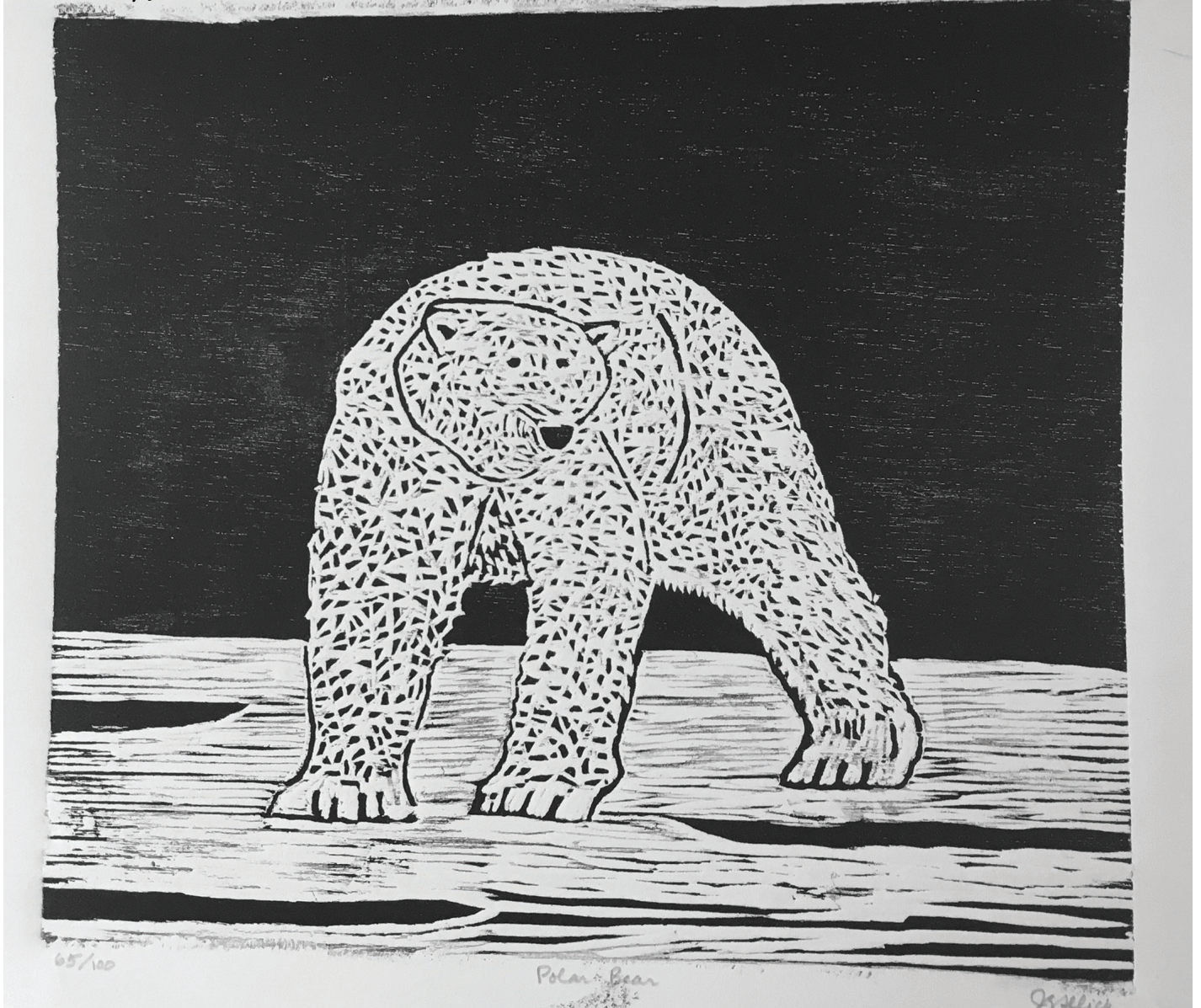
Name	Total
Laura Merkl	3,415
Joe Illick	2,822
George Kebbe	2,118
Vincent Huang	2,054
Neal Powers	1,604
Laura Burtch Zovickian	1,566
Tom Hofmann	1,565
Sue Garfield	1,564
Larry Scroggins	1,520
Peter Neubauer	1,431
Lee Hammack	1,390
Krist Jake	1,377
Mimi Osborne	1,338
Ralph Wenzel	1,322
Jerry Cullen	1,280
Jon Nakamura	1,273
Suzie Dods	1,250
Hal Offen	1,250
Duke Dahlin	1,234
Pavla Podolska	1,229
Phillip Rollins	1,173
John Ottersberg	1,106
John Dugan	1,097
Mickey Lavelle	1,077
Sean McFadden	1,043
Carter Seddon	1,043
Dave Zovickian	1,025
Joseph Omran	1,003
Sunny McKee	997
Mark McKee	968
Vic Pizarro	907
Jim Frew	890
Ted Tilles	890
Rebecca Tilley	880
Phil Scarborough	871
Liz Ann Schiff	870
Tom Neill	857
Dan Osborne	855
Rey Hassan	849

Most Miles Swum as of 2016

Name	Miles	Year
Duke Dahlin	400	2016
George Kebbe	356	2004
Pete Perez	356	2013
Ralph Wenzel	356	2007
Suzie Dods	256	2003
George Kebbe	255	1995
Patrick Freilinger	232	1993
Stan Hlynsky	230	1987
Mike Roller	217	1990
Nigel Killeen	208	2008
Joe Illick	204	2003
George Kebbe	200	1986
George Kebbe	190	1987
Joe Illick	186	2004
Byron Harbour	181	2015
Ralph Wenzel	180	2002
Laura Merkl	174	1994
Heather Royer	173	1998
Stan Hlynsky	170	1988
Joe Illick	169	2005
Phil Scarborough	168	2003
John Nogue	165	2012
Byron Harbour	161	2016
George Kebbe	159	1994
Mike Roller	155	1988
Ross Browne	154	2011
Joe Illick	152	2006
Laura Burtch Zovickian	152	1993
Rick Avery	152	2006
Laura Merkl	150	2000
Duke Dahlin	147	2003
Joe Illick	147	2010
Ralph Wenzel	147	2003
Jim Ebert	146	2016
Joe Illick	145	2009
Tom Neill	143	2016
Mauricio Prieto	142	2015
Joe Illick	142	2001
Joe Illick	141	2008
Joe Illick	140	2014



Vince Huang (right) with Tom Hoffmann and Cathy Huang. Swim Commissioners Tom and Vince increased the Polar Bear challenge from 17 miles to 40.



Through a glass, darkly

by Joe Illick

Are you ready? Then rehearse:
2-0-2-1 is in verse.
Happy New Year, all that jazz,
And did you swim Alcatraz?
The water temperature is low;
If you've been in you surely know.
But should you prefer to be warm
Set your ZOOM for DC Forum.
White House has your ticker beating?
Calm down at our next board meeting.
Care not at all for politics?

Try our Friday social mix.
But don't bring guests not on the list.
A better place is Buena Vist-
a. Club swims are fun and never races
But we will record all your places.
In the water, swim don't float;
On a craft, one man, one boat.
This is our democracy,
Haven in a stormy sea.
Or so it seems though fates may vary.
Recall it's only January.



photos by Sunny McKee

The coed bleachers where new friends were made

The 2020 Swim Season never got off on the right foot. In February, gale force winds arrived right in time for our Gas House Cove Swim. With white caps in the cove and boats smashing on rocks, we made the obvious choice to call it off. Cancellations always come with a twinge of disappointment, especially when so many people put in effort to make it happen. But Dolphins, of course, made the best of it. Swimmers jumped in the wild water anyway, launched in the waves' crests and troughs. Pilots and swimmers lingered over coffee and brunch, watching the humbling

force of nature. Warming up in a sauna full of gossip was half of the fun. It wasn't what we expected, but we made do. Was Gas House a harbinger for what was to come in 2020? No one needs a reminder that this year has come with its own version of white caps. Despite 2020's rocky waves, members continue to jump in the water, flowing with the crests and troughs. Slices of joy and adventure are still to be found in this new way of living. Dolphin leaders have worked with the city to open our docks, volunteers have given hours of their time, and members have set up satellite Dolphin Clubs around the globe. Crazy Cove went virtual with some truly creative 'swims' and our Hundred Mile Challenge was expanded to include new categories. New members were recently welcomed into the DC, while current members are working to make the club an even more inclusive and welcoming home for all. Pilots, volunteers and swimmers showed

up for our 'Simple Swim' series and reminded us of how fun untimed swims can be. Members have also pushed their personal swim boundaries, exploring new swim spots throughout the Bay Area. All it takes is a visit to the Bleachers (DC West) or China Beach (DC West West!) to see the power of our community.

As we look forward to a cold, dark winter, I'm buoyed knowing that Dolphin Club connections are rooted in more than just a building. There are no silver linings in this pandemic, yet I find gratitude in our new connections. I'm indebted to the Dolphin Club community for keeping me healthy--both body and soul.

But, gosh, I really miss that sauna.

100 Mile Swim

Tom Neill	347.2
Peter Cullinan	272
Chris Wagner	265
Suzanne Heim	258.75
Laura Burtch Zovickian	229
Duke Dahlin	227.5
Matthias Fore	169.75
Elaine Van Vleck	166.75
Randy Edwards	163
Crissa Williams	156
Lauren Au Brinkmeyer	150.29
Pauline Farmer	140
Becky Fenson	128.5
Lauren Lesyna	127.75
Marcy Michael	126.25
Julian Sapirstein	123
Holly Reed	121
Wolf Richter	117.5
Jean Allan	115
Steve Carlson	114
Janine Corcoran	113.5
John Henderson	112.8
Hal Offen	112
Terry Huwe	112
Marc Cruciger	111
Kevin McAlea	110.5
Allison Arnold	110.4
John Stassen	108
Luca Pozzi	107.5
Madhuri Yechuri	107.5
Lawrence Remstedt	106.19
Ryan Utsumi	105.5
Joe Illick	105
Tom Kuglen	105
Andrew Cassidy	103.74
Aaron Rosenthal	102.5
Peter Neubauer	102.5
Sona Sondhi	101.5
Pejmun Haghighi	101.25
Mara Iaconi	100.75
Joe Spallone	100.29
John Gibbon	100.1
Elizabeth Ozer	100
Jim Frew	100 days of swimming
Diane Walton	100 days of swimming

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ARCHITECT

PRESIDENT'S REPORT - Diane Walton

When I ran for office a year ago, hoping for this final term as your President, I said “I want to honor our past and help build our future, to get more people out in our boats, to work with current and future Dolphins in support of a variety of individual and collective challenges, and to bring the needed renovations to action. I look forward to working with the Board and Foundation, to make sure we match up what we have and what we plan, with what the Club needs... Let's have some fun, let's swim and row and play handball, let's revel in the Dolphin Club, treasure our extraordinary legacy, and be even better together in the days and decades ahead”.

Well, I must say this was not the year any of us had planned! Big gratitude to all for what they brought in 2020, life members and new members and all in between, for a year of patience and joy, persistence and generosity, sadness and celebration.

We began accepting new members again in October (41), another 30 showed up in November, and it's anybody's guess how many will have come in December, just as you read this! What a great reminder of who we are as a Club, as we hear each of them speak to what drew them

to us, unique combinations of our history and their futures, and then saw them become ever more a part of us in the following days, on the bleachers and at the Club. Thank you Janice Wood for your commitment to our



photo by Janice Wood

Termed out president Diane Walton celebrates a tumultuous year.

members.

Another great reminder of who we are is the progress made toward the building we deserve; so many opinions, so many options, so much work bringing it all together and moving forward to action! (If you

haven't donated yet, you can go to dolphinfoundations.org or fill out the pledge form in this Log—maybe get yours in before year's end!)

Thanks to John Hornor, John Ingle, Lee Hammack, Anthony DuComb, Nanda Palmieri, Davis Ja, Jean Allan, Peter Van der Steere, Jay Adams, Dave Zovickian and all who made this possible. Thanks also to the Foundation Board, led by Randy Edwards, figuring out how best to step into their roles and responsibilities as we evolve away from Baykeeper support (thanks Baykeeper for taking care of our Building Fund for so long!) and establish the Dolphin Swimming and Boating Foundation.

I know you faced the challenges that came our way this year with your typical Dolphin grace, that it wasn't always easy, that 2020 was harder than anyone expected... and I hope that where the Club could, we supported you. Our losses were too many, and we all feel the empty chairs around us. I couldn't have made it through it all without the help of so many. I hope that all of you who helped us, and helped one another, through this strange year got back at least as much as you gave. I know I did.

Looking into the New Year, my hope for all as we move forward is more time in and on the water, and with one another.

(continued from page 9)

longer and more interesting because the shoreline zigs and zags, goes around big lumbering hills or points. And, the 700 Keller devotees don't come all at once. Swimmers leave their belongings on a low stone wall at the edge of the beach and below the tangle of trees and in other thick vegetation. Early on there were incidents of petty theft on our small winter crew. In response, I bought an orange personal buoy—not for flotation, but for its watertight compartment, but with more swimmers coming, the thefts and car break-ins have subsided.

Here's the link to sign up; you can ask questions and find out when people are swimming, how fast or slow, so you can ultimately find your pod; or just show up and talk to people. Anyone can swim there without joining a

group but it's swim at your own risk. <https://groups.google.com/forum/#!forum/east-bay-open-water-swim>

A less frequented swim hole, a virtual neighbor just north of Keller Beach is Point Molate Park, accessed by taking a sharp right turn immediately upon emerging from the tunnel en route to street parking for Keller, and take an immediate right turn up a road that dead ends at Point Molate Park overlooking a beach way below with a gorgeous long swath of flat grass punctuated by stately tall fir trees, --minus redwoods--with no crowding and replete with song birds, melodic and peaceful, and a spectacular view directly across the very center of the Richmond Bridge. Keller can't match it.

Plenty of nearby parking on a dirt

road and some picnic tables with their own civilized social distancing. The quiet is a tonic. It's a bit tough getting down to the beach--since my knee replacement I'm still unstable on my feet--I felt like a wuss for not trying to get down, as I later confessed to Norm, the environmental engineer, but he assured me he had his own qualms for not swimming Molate Point. “There are old pilings and debris that are still in the water from when the Navy had a small station there,” he told me.

And as for lakes—none of the East Bay lakes are open for swimming but most (except Anza) have opened for boating rentals (is falling in the water allowed?)

Kate Coleman



The Dolphin Swimming
& Boating Club
502 Jefferson Street
San Francisco, CA 94109

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2021 DOLPHIN CLUB *WISHFUL THINKING* SWIM & EVENT SCHEDULE

Jan 1	Fri TBD	*New Year's Day Alcatraz
Jan 1	Fri TBD	New Year's Day Cove Swim
Jan 23	Sat 8:45 am	*Pier 41
Feb 13	Sat 9:00 am	*Gas House Cove
Feb 14	Sun TBD	Old Timer's Lunch
Mar 7	Sun 8:30 am	*Pier 39
Mar 21	Sun 11:00 pm	End of Polar Bear
Apr 25	Sun 8:00 am	*Yacht Harbor
TBD		McCovey Cove Regatta
May 9	Sun 8:30 am	Walt Schneebeli Over 60 Cove
TBD		Rowers Festival
Jun 1	Tue 5:00 am	100-Mile Swim Begins
Jun 5	Sat 5:00 pm	*Doc Howard Over 45
Jun 5	Sat 5:30 pm	*Under 30 & 30-45
Jun 26	Sat 10:30 am	*Pride Swim
TBD		Baykeeper Relay
Jul 17	Sat TBD	Trans Tahoe
Jul 17	Sat 7:30 am	*John Nogue Swim for Science Pier 15
Jul 24	Sat 9:30 am	*Coghlan Beach (fun swim)
TBD		*Santa Cruz Pier Swim
Aug 21	Sat 8:30 am	*Bay Bridge
Aug 30	Sun 8:00 am	*Fort Point
Sep 19	Sun 9:00 am	Dolphin/South End Triathlon
Sep 19	Sun TBD	Swim Across America
Sep 26	Sun 9:30 am	Escape from Alcatraz Triathlon
Oct 24	Sun 8:15 am	*Alcatraz
Oct 30	Sat 9:15 am	*Joe Bruno Golden Gate
Oct 31	Sun 9:45 am	*Joe Bruno Golden Gate
TBD		Angel Island Regatta
Oct 31	Sun 11:00 pm	100-Mile Swim Ends
Nov 13	Sat TBD	Pilot Appreciation Dinner
Nov 25	Thur 9:00 am	Thanksgiving Day Cove
Dec 18	Sat 10:00 am	New Year's Day Qualifier & Holiday Brunch
Dec 21	Tue 5:00 am	Polar Bear Swim Begins

ROWING TRAINING These Saturdays at 9:00 am

January 23
February 20
March 20
April 24
May 22
June 19
July 24
August 21
September 18
October 23
November 20
December 18

***Intro to bay swimming usually
offered on the Saturday or
Sunday following the monthly
Board Meetings, check website
www.dolphinclub.org***

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members, who are current on their dues and fees and in good standing.
 2. Swimmers must have current USMS membership, or USA Swimming membership, as appropriate and abide by each organization's rules and requirements.
 3. Swimmers are required to wear orange caps on all scheduled swims.
 4. Swimmers cannot use swim aids including fins and wet suits, on any timed scheduled swims.
 5. New members are not eligible to swim in scheduled out-of-cove swims for either 6-months from the start of their membership, or before successfully completing the 100-mile swim, the Polar Bear swim, or the Accelerated Out-of-Cove process.
 6. All out-of-cove swims require a pilot:swimmer ratio of 1:3.
 7. Time limits may be imposed at the discretion of the Swim Commissioner(s).
 8. All Club boats are reserved for scheduled swims. Co-pilots are encouraged. Riders are prohibited.
 9. Swimmers must register during check-in and attend the swim briefing in order to swim.
 10. To swim Golden Gate or Alcatraz, members must successfully complete at least three qualifying swims and help on at least three swims.
 11. Out-of-town members must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 10 above.
- (Nothing in the above rules shall contravene any applicable Federal laws and statutes.)

Alcatraz Island
1.4 miles



Pier 41 1/2
1.2 miles

Pier 43
1 mile

Fort Point
3.5 miles

Yacht Harbor
1.5 miles

Gashouse Cove
1 mile

Aquatic Park Cove

Crissy Field
2.5 miles

*All times are approximate & subject to change.
TBD means "to be determined".*